



Creamy Gnocchi Recipe



Potato gnocchi cooked in a deliciously cheesy, creamy sauce with sun-dried tomatoes and baby spinach. A quick and easy one pan meal and a great recipe for busy weeknights.

Course	Dinner
Cuisine	Italian
Diet	Vegetarian
Prep Time	10 minutes
Cook Time	20 minutes
Total Time	30 minutes
Servings	4
Calories	570kcal
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Ingredients

- 1 tablespoon olive oil
- 1 medium brown onion **finely chopped**
- 3 cloves of garlic **very finely chopped or put through a garlic press**
- 1 heaped tsp dried oregano
- 10 pieces of sundried tomatoes **thinly sliced**
- 30 g / 2 tbsps of butter **I use salted butter**
- 1 x 500 g / 17.6 oz pack of gnocchi
- 300 ml / 1 ¼ cups of vegetable stock **made with 1 stock cube and 300ml of freshly boiled water**
- 150 ml / ¾ of a cup of double cream (heavy cream)
- 60 g / 2 cups of fresh baby spinach
- 50 g / ½ a cup of Grana Padano cheese **finely grated**
- 2 - 3 tbsps toasted pine nuts **optional**
- ½ teaspoon sea salt
- ¼ teaspoon freshly ground black pepper **+ more for serving**

Instructions

1. Heat 1 tablespoon of olive oil in a large skillet or saute pan.

Add the chopped onion along with a small pinch of sea salt. Cook over low to medium heat for about 15 minutes or until the onions are translucent and springy.

2. Next, add 1 heaped teaspoon of dried oregano and 3 finely chopped cloves of garlic. Then add the sliced sun-dried tomatoes and cook for a minute.
3. Now, add 30g of butter to the pan then add all the gnocchi. Break up any gnocchi that has stuck together. Toss the gnocchi in the butter and the onion and sundried tomatoes. Let the gnocchi cook for a minute or two so that it absorbs all the flavours that are in the pan.

Season with salt and freshly ground black pepper.

4. Next, pour in the stock. Stir well, catching any pieces that have stuck to the bottom of the pan. Then pour in the cream, and stir it into the stock. Simmer over low heat for about 10 minutes stirring often.
5. Once the sauce has reduced and thickened add the spinach. Stir in the baby spinach, it should wilt very quickly.

Once the spinach has wilted remove the pan from the heat, then stir in the grated cheese. Once the cheese has melted into the sauce the dish is ready to be served.

Top with toasted pine nut, if using, extra grated cheese and some freshly ground black pepper.

Notes

- **Cooking gnocchi** - You do not need to cook the gnocchi before adding it, the gnocchi will cook in the sauce.
- **Storage/reheating/freezing** - If you have any leftovers you should store them in an airtight container in the fridge and use them within two days. The sauce for this recipe thickens once it cools so you will need to add more cream or stock to the dish if you want to reheat it. It is best reheated on the hob. This dish is best made fresh and does not freeze well. The cream has a tendency to split or go grainy so I do not recommend freezing this dish.
- **Nutritional Information** - *all nutritional information shared is an estimate based on third-party calculations. If calorie count and/or nutritional values are important to you, we recommend putting the ingredients through whichever online nutritional calculator you prefer. Calories can vary depending on which brands were used. Each recipe and nutritional value will vary depending on the brands you use, measuring methods and portion sizes per household.*

- **Weights and measurements** - For US readers, I use Cuisipro measuring cups and spoons, and a Pyrex measuring jug for liquids. These are the industry standard. Cup/spoon volumes can differ from brand to brand, for accuracy, I recommend weighing all ingredients if possible for best results.

Nutrition

Calories: 570kcal | Carbohydrates: 66.3g | Protein: 14.1g | Fat: 28.7g | Saturated Fat: 16.6g | Cholesterol: 102mg | Sodium: 792mg | Potassium: 343mg | Fiber: 5.5g | Sugar: 3.2g | Calcium: 90mg | Iron: 3mg