

Roasted Peppers & Tomato Gnocchi

A delicious and hardy recipe that doesn't take a whole day to make. Have it as a main course with a salad or as a side dish. Try it and savor every little bit of the sauce and gnocchi.

SERVES 4

INGREDIENTS

- 1 tbsp olive oil
- 1 onion, roughly chopped
- 3 garlic cloves, minced
- 5 oz sausage, chicken/pork - low fat (148 g)
- ¼ cup red wine
- 28 fl oz crushed tomatoes (796 mL)
- 1½ cup chicken stock, low sodium
- 3 roasted red peppers (from a jar or roast them yourself), cut into thin slices
- 1 gnocchi package (450 g)
- ½ cup Parmesan cheese grated, garnish (optional)
- 8 basil leaves, thinly sliced or torn
- salt and freshly ground black pepper

Heat pan to medium heat and when hot add oil, onion and garlic. Season with salt and pepper, turn down the heat to medium-low and sauté for 5 minutes or until lightly translucent.

Add sausage and brown it all together for another 5 minutes.

Add red wine to the pan. With a wooden spoon scrape all the little bits stuck to the pan. This process is called deglazing. It will add lots of flavour to the sauce. Cook wine for 2 minutes and add crushed tomatoes. Turn the heat down to low and simmer everything for 20 minutes or until the mixture thickens.

In the mean time bring a large pot of water to boil season with salt and cook gnocchi according to manufactures instructions.

Add chicken stock and roasted peppers, cook on low for 10 minutes. Taste and adjust seasoning. Add cooked gnocchi to the sauce and you are ready to serve. Garnish with basil and Parmesan cheese.

TIP DU JOUR:

I like using roasted peppers from a jar. They are delicious and dramatically reduce preparation time.

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