

GNOCCHI CARBONARA

SERVES 2 | 6 MINUTES



Slice **4 rashers of smoked pancetta** and place in a non-stick frying pan with a little olive oil and a generous pinch of black pepper. In a small bowl, beat **1 egg** with **40g of finely grated Parmesan or pecorino cheese**. When the pancetta is golden, turn off the heat and use a slotted spoon to carefully add the **cooked gnocchi** (page 68), gently tossing to coat, then loosen the egg mixture with a splash of starchy cooking water. After 1½ minutes, when the pan has cooled a little, stir in the egg mixture and agitate together to create a soft, silky sauce, loosening with cooking water, if needed.

ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
449kcal	16.8g	6g	23g	59g	2g	1.6g	3.9g

SPEEDY MICROWAVE GNOCCHI

MAKING HANDMADE GNOCCHI FOR TWO LIKE THIS IS SURPRISINGLY EASY & GIVES MANY SERVING POSSIBILITIES

SERVES 2

18 MINUTES

500g Maris Piper potatoes

40g plain flour

PARMESAN SAUCE

1 knob of unsalted butter

40g Parmesan cheese, plus
extra to serve

1 whole nutmeg, for grating

- 1 Prick the potatoes, microwave on full power (800W) for 12 minutes, or until soft, then cut in half and use a potato masher to squash out the fluffy middle, putting the skins aside (I keep the skins and fry them in a little olive oil, sea salt and black pepper till crispy – delicious).
- 2 Mash the fluffy insides, season to perfection with salt and pepper, then lightly mash in the flour. Knead until smooth and pliable, divide in half and roll into 2 long sausage shapes (roughly 2cm thick), then slice into 3cm pieces to make your gnocchi – like you see in the pictures.
- 3 Cook the gnocchi in a pan of boiling salted water for 2 minutes, then either add to your chosen sauce (pages 70 to 73) or follow step 4 below.
- 4 Melt the butter in a non-stick frying pan on a medium heat, then, when the gnocchi is cooked, use a slotted spoon to carefully transfer it into the frying pan, adding a splash of cooking water, if needed. Finely grate in the Parmesan, gently toss until you have a silky, creamy sauce, then serve right away with a fine grating of nutmeg, to taste, and a little extra Parmesan.

ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
472kcal	21.8g	10.3g	14.2g	59.1g	2g	0.9g	3.9g

