# Homemade Gnocchi

## Ingredients

For the Gnocchi:
1kg Potatoes, washed and chopped into chunks
1 Egg
300g Flour
Salt & Pepper

For the Sauce:
2tbsp Oil
1 Onion, finely diced
2 Garlic Cloves, finely chopped
2 x 400g Cans of Chopped Tomatoes
1tsp Sugar
Few Sprigs Fresh Basil, chopped or 2 - 3tsp Dried Herbs
Parmesan or Other Cheese, grated to serve

**Serves 6 - 8**

## Method

1. Wash and chop your potatoes into chunks. In a saucepan, bring the chopped potatoes to the boil and simmer for about 10 minutes, or until softened. Drain, cool then mash.

2. Chop your onion and garlic into small pieces. To make the sauce, start by heating the oil in a large frying pan and fry the onion for about 5 minutes, or until softened.

3. Add in the garlic, chopped tomatoes and sugar and stir well. Gently cook the tomato sauce for 15 - 20 minutes, until its reduced and thickened. Remove from the heat and stir in the herbs.

### Why not try?

Topping the gnocchi with pan fried chicken, fish, or vegetables.

Serving the gnocchi with a crisp, fresh salad, or garlic bread.

Mashed swede mixed with sweet potato for a colourful and tasty alternative.

4. Mix the flour gradually into the cooled mashed potato. Beat the egg and pour it into the potato mix, use your hands to form a soft dough. Place the dough on to a floured surface and gently bring together to form a smooth ball.

5. Divide the dough into quarters. Roll each quarter into a long thin sausage shape then cut into small pieces about the size of a grape. Have fun experimenting with different shapes or leave as they are.

6. To cook the gnocchi, bring a pan of water to a simmer and gently add the gnocchi, being careful to not splash yourself with water. Cook the gnocchi in roughly batches of 20 for about 2 - 3 minutes or until they rise to the surface. Scoop them out with a slotted spoon and place on a plate. Cover with foil to keep warm whilst you cook the remaining batches.

7. If necessary, reheat the tomato sauce and serve spooned over the gnocchi. Sprinkle over Parmesan (or any other) cheese if you like.

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