

Jason Pettit – Capital Radio Recipe



Speedy Sausage Gnocchi (*knock – eee*)
a quick, delicious and easy meal that you can cook in under 20 minutes!

Ingredients – serves 4 people

1 pkt	potato gnocchi – store bought (500gm approx.)
1 pkt	garden peas – frozen (250gm approx.)
	large pan of boiling water
1 Tbsp	salt
400 gm	beef sausages fresh (skin removed)
2 Tbsp	olive oil
4 lrg	garlic cloves (grated finely)
1 tin	chopped tomato (approx. 400gm)
1 tsp	dried thyme
1 tsp	sugar
	salt & black pepper to taste
1 ball	fresh mozzarella (approx. 125gm)
3 Tbsp	pecorino cheese (approx. 25gm)

Method

Heat a large skillet / sauté pan over a medium high heat then add the oil and sausages. Break the sausages down with a wooden spoon into bite size chunks. Continue cooking until evenly browned all over.

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Whilst the sausage pieces are cooking, bring the pan of water to a rolling boil then add the salt.

Add grated garlic and thyme to the sausages and sauté / stir for 1 minute until fragrant. Add the tomato, sugar and season lightly and stir. Leave to simmer over medium heat – approx. 5 minutes.

Add the frozen peas to the boiling water.

When the water is boiling again, add the gnocchi.

Once the water boils again and the gnocchi is floating, remove from the heat and drain – reserve some of the cooking water.

Add the drained gnocchi and peas to the sausage mixture and stir.

Add some of the reserved cooking water to loosen the sauce if required. Bring to a gentle boil, taste and adjust the seasoning if needed.

Remove pan from the heat.

Tear the mozzarella into small chunks and scatter over then grate the pecorino cheese over.

Serve family style with crusty bread and a leaf salad.

Notes from the chef:

This recipe was made using store bought gnocchi found in the dry pasta section but fresh gnocchi can also be used. Use a large pan of boiling water to ensure it cooks correctly and does not stick together.

Use fresh, high meat content sausages where possible – beef, lamb & chicken all work well.

The dish can be spiced up by using a spicy sausage such as merguez (lamb), chorizo (beef or chicken) or by adding some dried chili flakes / powder to the pan along with the garlic.

The heat in the sauce melts the mozzarella but the pan can be placed under a hot grill for a few minutes if you prefer.

Pecorino cheese is a hard cheese with a nutty, slightly salty taste and this will add flavour to the finished sauce.

Tbsp - tablespoon

Tsp - teaspoon