Roasted Gnocchi with Meat and Vegetables



Most of us prepare gnocchi in just one way, we boil them and prepare a sauce to go with. Because of that I would like to show you one of my ways of preparing delicious gnocchi with vegetables and meat.

INGREDIENTS :

1 kg of minced meat (at your choice)

1 kg of gnocchi

480 g of canned tomatoes with pieces (480 g Net weight)

500 g of cheese (for instance Gauda , Emmentaler …)

500 g of mushrooms (for instance champignons …)

2 onions

2 courgettes (medium sized)

200 ml of cooking cream

1 ½ peppers (three different peppers: yellow, red and green)

3 cloves of garlic

5 g of sugar

2.5 g of pepper

½ spoon of red pepper (spice)

1 spoon of Vegeta (for meat) + ½ spoon of Vegeta (for vegetables)

1 tea spoon of salt (for meat) + ½ tea spoon of salt (for vegetables)

50 ml of oil (for meat) + 20 ml of oil (for vegetables)

PREPARATION :

1 . peel and chop the onions into tiny cubes …

2 . grate the cheese …

3 . fry the onions on heated oil, add meat, garlic and all the spices (for meat) …

4 . fry the meat till it is cooked …

IN THE MEANTIME PREPARE THE VEGETABLES …

5 . wash courgettes, peppers and mushrooms, chop the courgettes into rings, peppers into strips and mushrooms into slices …

6 . add oil and spices (for vegetables) and mix well …

LEAVE THE VEGETABLES ASIDE TO FINISH THE MEAT …

7 . add canned tomatoes and cooking cream into the cooked meat and just stir …

8 . put the seasoned vegetables into a baking tray (you can season the vegetables in the baking tray) …

9 . put gnocchi on the vegetables (do not boil gnocchi before

) …

10 . put meat on gnocchi so that the gnocchi are completely covered with meat …

11 . put your dinner in the pre-heated oven at 180 degrees and roast for 30 minutes …

12 . after 30 minutes take the roasted gnocchi out of the oven and sprinkle with grated cheese …

13 . roast the gnocchi for ca. 15 minutes to let the cheese melt and get a light golden colour …





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