

Creamy Gnocchi Soup

Serves: 6

Prep time: 20 minutes

Cook time: 25-30 minutes



1 ½ serves per portion

Ingredients

2 tablespoons olive oil
1 brown onion, finely diced
2 large carrots, finely diced
2 celery stalks, finely diced
4 garlic cloves, crushed
2 teaspoons dried thyme
1 teaspoon fennel seeds, crushed
¼ cup plain flour
1L vegetable or chicken stock
2 cups reduced fat milk
500g packet gnocchi
400g can cannellini beans, rinsed and drained
2 packed cups kale, roughly chopped
Salt and pepper, to taste
1 teaspoon sweet paprika
1 tablespoon fresh rosemary, chopped
1 tablespoon lemon juice
3 tablespoons parmesan cheese, grated

Method

HEAT olive oil in a large pot over medium heat.
ADD onion, carrots and celery and cook until softened (about 5-7 minutes).
ADD garlic, thyme and fennel seeds and cook for a further 2 minutes until fragrant.
ADD flour to the vegetables and cook, stirring well, for 2 minutes to get rid of the raw flour taste.
GRADUALLY pour in stock while stirring continuously to prevent lumps forming.
ADD milk and bring mixture to a gentle boil.
ADD gnocchi, cannellini beans, kale and salt and pepper.
REDUCE heat to a simmer and cook for about 10 minutes, or until gnocchi are tender and soup has thickened slightly.
STIR in the fresh rosemary, lemon juice and parmesan cheese and adjust seasonings as needed.
SERVE hot, garnished with parmesan cheese if desired.



Everyday Food

Recipe Courtesy of Hero the Veg Competition Entrant