



WASTING FOOD FEEDS CLIMATE CHANGE.

Vegan gnocchi with carrot top pesto

For the gnocchi

800g potatoes (Russet or King Edwards)
135g '00' pasta flour
2 tbsp olive oil
1 tbsp salt

- Wash the potatoes but do not peel, boil for 30 minutes until a knife can be inserted easily.
- Allow to cool slightly, so they can be handled.
- Scoop the inside out and mix with the olive oil and salt, mash until super smooth.
- Add the flour a bit at a time until a smooth dough like mixture is formed.
- Roll out into long rope like pieces and then cut into desired size gnocchi.
- Place into boiling salted water for 3 minutes
- Keep the potato skins to use as a garnish: lay them out on a baking sheet, drizzle with olive oil, sprinkle with a little salt, paprika and chilli powder, and bake in the oven at 180deg for 15-20 minutes, turning occasionally until crisp.

For the pesto

1 clove garlic chopped
2 tbsp freshly-squeezed lemon juice (about 1/2 of a lemon)
1 tsp fresh lemon zest (about 1/2 of a lemon)
carrot tops from 1 large or 2 smaller bunches of carrots (yields 1 cup blanched)
1/4 cup fresh mint leaves
4 spring onions - green top parts only
1/2 cup raw walnuts (optional)
3 tbsp olive oil
salt and pepper to taste

- To blanch the carrot tops: Bring a pot of water to a boil. Prepare a large bowl with ice cubes and cold water in it. Once boiling, add the carrot tops to the pot. Stir occasionally, cooking for about 3 minutes or until bright green and tender. Immediately remove from the pot, drain the hot water, and add the carrot tops to the ice cube bowl to stop the cooking process.
- Drain the carrot tops, wring out excess liquid, and spread them on a plate to dry while you do the remaining recipe prep.
- Add all of the ingredients from garlic through walnuts (if using) to the food processor. Blend until a chunky paste forms with small bits of carrot tops. Depending on the size of your food processor, you may need to stop frequently to scrape down the sides. Add the olive oil a tablespoon at a time until combined. Season to taste with salt, pepper, and more lemon juice if desired.

To serve:

Lightly pan fry the blanched gnocchi in a hot pan with some olive oil, remove from heat and toss with the pesto.
Finish with grated vegan parmesan, more olive oil and the crispy potato skins.