

SWEET POTATO GNOCCHI

Jay
Halford

This is a delicious 2 ingredient homemade sweet potato gnocchi that's gluten-free & vegan! This is a much healthier alternative to white potato gnocchi and will nourish you way more and you'll only notice an improvement in taste. It's awesome. Super sweet and soft to eat. I love eating this with soup or with a ratatouille style cooked veggie mix.



Makes 4 servings



Total Time: 40min



Prep: 15min

Ingredients

- 2 large sweet potatoes (680-700g)
- 180g gluten-free white flour + more for dusting (Roughly 1 ½ cups)
- A drizzle of olive oil
- A pinch of salt (optional)

Method

- Preheat your oven to 180C
- Prick your 2 sweet potatoes with a fork and place in a baking dish. Place in the oven at 180C for 60 minutes (turn after 30 minutes). You can microwave each potato for 8 minutes if you prefer
- Remove the sweet potatoes from the oven and carefully peel off the skin and place the inside flesh into a bowl and mash with a fork
- Allow cooling for 10 minutes
- Slowly add in the 180g flour and gently knead with your hands adding a drizzle of oil too
- Transfer the dough to a floured worktop and form a ball (you may need a little extra flour!)
- Cut into 4 parts, hand pressing each part into a flatbread shape (½ inch thick). Cut into small pieces and roll with your hands into gnocchi shapes
- Now place into a large pot with salted boiling water, don't add them all at once (give them space to boil) and boil until they start to float off the bottom (or 2-3 minutes)
- Once boiled remove from the pot and place into a bowl lined with kitchen roll, this helps to absorb any leftover liquid
- Finally, you can either fry them in a pan with olive oil t

Equipment needed:

Chopping board, knife