HEALTHY TIPS

Crispy Gnocchi with Mushrooms, Asparagus & Brussels Sprouts (Vegan)

By bestfolkmedicine · 29/09/2018 · 2 min read



Crispy gnocchi? It sounds amazing, right?

Wondering what to prepare for a get-together with friends and family or transitioning to a vegetarian or a vegan diet and you are clueless about recipes? No worries, Rhea Parsons from One Green Planet is here to help! Her quick and yummy dinner dish, i.e. crispy gnocchi is a definite must! It is easily made, contains healthy vegetables, and of course, it includes delicious gnocchi for an additional taste kick. Without doubt, this is the perfect autumn dish for a satisfying and cozy evening. You will love it…

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Gnocchi with Mushrooms, Asparagus & Brussels Sprouts Recipe

You will need:

A package of gnocchi

A bag of Brussels sprouts

12 oz. of white button mushrooms

A bunch of asparagus

A tsp of thyme, dried

2 garlic cloves, minced

A tsp of cumin

A tsp of paprika

2 tbsp of canola oil

Salt

Pepper

Parsley, for garnish

Preparation: In a sauté pan, add a tbsp of oil and bring it over medium heat. Once the oil heats, add the gnocchi (make sure they are all separated) and cook them for 4 minutes on both sides and until they become brownish and crispy. Take them out of the pan and set them aside. Then, in the pan, add a tbsp of oil and put the Brussels sprouts. Cook them for 4 minutes on each side until they become brownish and soft. Remove them from the pot and put them aside.

Next, add another tbsp of oil to the pan and add the mushrooms, thyme, garlic, cumin, paprika, salt, and pepper and cook them for 5 minutes or until the mushrooms soften. In the meantime, stem the asparagus to soften it. Wait for it to cool down and cut it into smaller pieces and add it to the pan with mushrooms. Stir everything together and add the gnocchi and Brussels to the mixture. Stir and

simmer the ingredients for several minutes. Serve with parsley on top and enjoy!

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If you cannot get enough of our vegan recipes, do not miss out this delicious recipe too!

Source:

ONE GREEN PLANET

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