



Green Onion Potato Gnocchi with Sweet Miso Tomato Sauce

Vegan / Gluten-Free / Refined Sugar-Free

1. INGREDIENTS
2. METHOD

A / Green Onion Potato Gnocchi:

- 0.75 lbs / yellow potatoes peeled and roasted at 400° (3/4 cup mashed)
- 1/2 cup + 2 tbsp / potato starch
- 1/4 cup + 2 tbsp / quinoa flour
- 1 cup diced / green onions
- 2 tbsp / fresh green chives
- 3 tbsp / olive oil
- 1 tsp / salt
- butter or oil

B / Sweet Miso Tomato Sauce:

- 1/4 cup + 2 tbsp / water
- 2 tsp / miso paste
- 1/2 tbsp / tomato paste
- 1/2 tbsp / maple syrup
- 1 tsp / cornstarch
- 1/4 tsp / sriracha
- 1/4 tsp / garlic powder
- 1/8 tsp / white pepper



Method

1. Mash the potatoes with a potato masher or a fork. Measure out $\frac{3}{4}$ cups after mashing and set aside.
2. Slice the green onions, separating the green parts from the white.
3. Slice the chives.
4. Heat a pan over medium heat with a little bit of oil. Lightly sauté $\frac{1}{2}$ cup of the green onions (the white parts) and the chives.
5. In a blender, add potato starch, quinoa flour, cooked green onions and chives, mashed potatoes, olive oil and salt. Blend until a dough is formed.
6. Transfer the dough into a large bowl and add in another 3 tbsp of green onions (the green parts). Add more potato starch if needed. The dough should be a little bit sticky, but solid enough to roll.
7. Divide the dough and roll into logs on a lightly floured surface.
8. Slice into gnocchi sized pieces. Reshape each piece if needed.
9. Using the back of a wet fork, roll the gnocchi to create ridges. Wet the fork as needed.
10. Bring a large pot of water to a boil. Place the gnocchi in and boil until it floats to the surface.
11. Strain and rinse with cold water.
12. Heat a pan over medium heat with a little bit of butter or oil. Pan fry the gnocchi until both sides are lightly golden brown. Add in more green onions at the end and cook another 1-2 minutes.
13. Prepare the sauce: combine miso paste, tomato paste, maple syrup, sriracha, garlic powder and white pepper, cornstarch and water in a small bowl. (Optional: combine ingredients in a blender and blend until smooth).
14. Transfer the sauce to a saucepan and cook over medium heat, stirring occasionally. Cook until thick and bubbly.
15. Serve the gnocchi with the sauce and garnish with more green onions if desired.
Enjoy!