



Sweet Potato Gnocchi: Little Clouds of Yum

LOW-MEDIUM IN SALICYLATES

LOW FODMAPS

GLUTEN FREE

DAIRY FREE

This three ingredient sweet potato gnocchi is simply delicious!
It's a cozy, Italian inspired meal that is perfect for those cold winter nights.
Simple to make and can be ready in around 30 minutes.

PREP TIME 30 MIN

COOKING TIME: AROUND 30 MIN

SERVES 4

Ingredients

GNOCCHI PILLOWS:

- 900 grams of mashed sweet potato
- 2 cups of all-purpose flour - you can use gluten free flour in place of wheat-based flour. plus, a spare 1/4 cup if needed.
- 1 - 2 teaspoons of salt.

HERB BUTTER SAUCE:

- 4cm chunk of butter or up to 6 tablespoons of a non-dairy butter substitute
- Chives to taste - for FODMAPS you can use the green tops of spring onions
- Salt and Pepper to taste

ADD MORE FLAVOUR:

- You can add crushed garlic to the butter sauce for more flavour - NOT FODMAPS FRIENDLY.
- Add a squirt of lemon to the butter sauce.
- If you can tolerate herbs and spices, sage or rosemary are nice herbs that will go well with the butter sauce. NOTE: This will increase the salicylate levels to VERY HIGH.
- Add some spring onions, chopped kale or spinach to the sauce - For FODMAPS, use the green tops of spring onions. NOTE: Spinach is HIGH in Salicylates. Kale is a good substitute for spinach.

Directions



MAKING THE GNOCCHI PILLOWS:

There are two ways you can cook the sweet potato, you can either bake or microwave them whole. (My preference is to bake them for an hour or so, but microwaving is fine as well).

- Wash the sweet potato well and prick them all over with a fork. Then cook with preferred method (oven or microwave) until tender.
- Remove the skins and let them cool a little as you will be working them with your hands.
- Scoop the flesh into a large bowl and mash them until they are smooth with no lumps.
- Add the flour and salt and mix together until you have formed a dough. (I like to use my hands, but you can use a spoon or spatula if you like)
- Transfer the dough to a large lightly floured cutting board and continue to knead until it is no longer sticky. Don't kneed it too much, you want it to remain light and fluffy when cooked. Divide the dough into 4 pieces and roll them one by one into a long rope-like shape.
- Now cut the ropes into 1-inch pieces and voilà; you now have delicious pillows of gnocchi ready to cook.

STARTING THE SAUCE:

- Use a large frying pan and melt the butter/dairy substitute.
- Add any herbs, garlic and other flavourings until cooked.
- Remove from heat while waiting for the gnocchi to cook.

COOKING THE GNOCCHI PILLOWS:

- While starting the sauce, cook the Gnocchi pillows in a large pot of salted water that has just started to boil.
- Once the pillows float to the surface they are ready.
- Scoop the pillows out of the water and drain before tossing them in the herb and butter sauce. and lightly fry, coating the pillows with all that flavour.

SERVE in a bowl with a large dollop of cashew nut cream or sour cream.

Enjoy!