



Gnocchi gratin with broccoli and spinach

20'

Hands on

15'

Cook Time

6

Portion(s)

1

Difficulty



Method

- Preheat oven to 180* C (350* F) Fan.
- Place a **pot** over medium to high heat and add the olive oil.
- Finely chop the onion and sauté for 2-3 minutes, until they soften.
- Add the flour and mix for 1 minute.
- Add the flour and boil the mixture for 3 minutes, while continuously mixing.
- In another **pot** full of boiling water, add the spinach and boil for blanch for 2 minutes. Cool and drain.
- In the same pot. boil the broccoli for 3-4 minutes. Cool and drain.
- To the pot with the milk, add the broccoli, spinach, cream cheese, some mint leaves, thyme, nutmeg, salt and pepper. Mix.
- Place a **pan** over medium to high heat.
- Add 2 tablespoons of olive oil and sauté the gnocchi. Season with salt and pepper.
- Transfer gnocchi to pot with broccoli and mix well.
- Transfer mixture to a 20x30 cm ovenproof baking dish.
- Sprinkle with parmesan and bake for 15 minutes, until golden.
- When ready, remove from oven and serve.

Ingredients

- 3 tablespoons olive oil
- 1 onion
- 2 tablespoons all-purpose flour
- 350 g milk
- 200 g spinach
- 250 g broccoli
- 100 g cream cheese
- 3-4 mint leaves
- 4-5 sprigs thyme, only the leaves
- ½ teaspoon ground nutmeg
- salt
- pepper
- 600 g [gnocchi](#)
- 50 g parmesan cheese, grated

Διατροφικός πίνακας

Nutrition information per portion

458 Calories (kcal)	25.0 Total Fat (g)	9.5 Saturated Fat (g)	39.0 Total Carbs (g)
23%	36%	48%	15%
6.7 Sugars (g)	16.0 Protein (g)	6.8 Fibre (g)	0.71 Sodium (g)
7%	32%	23%	12%