

Healthy Gnocchi



Ingredients

1 tsp olive oil

1 red onion, finely chopped

2 garlic cloves, finely chopped

1 tbsp tomato purée

400g can white beans (we used butter beans)

400g can chopped tomatoes

100g frozen spinach

400g pack fresh gnocchi

2 tbsp reduced-fat crème fraîche

25g parmesan, finely grated

Method

Step 1 Heat the oil in a large saucepan over a medium-low heat and cook the onion for 8-10 mins until soft but not coloured. Stir in the garlic and cook for 1 min until fragrant.

Step 2 Add the tomato purée and the beans, along with their liquid, then pour in the tomatoes. Bring to a simmer, season well, then stir in the spinach. Stir and cook for 2-3 mins until the spinach has loosened.

Step 3 Cover and cook for another 2-3 mins, then uncover and stir in the crème fraîche. Simmer for another 5 mins until the gnocchi is cooked through. Serve in bowls sprinkled with the parmesan, fresh parsley and a little black pepper to finish.