

# Create a Beta Gnocchi

— with Chef Sophie Budd —



Royal Blue



*Budd Loves*



See other side  
for recipe

# Create a nourishing Gnocchi with Royal Blue

With its vibrant purple skin and golden flesh, this is the supreme all-rounder:



**Roast**



**Chip**



**Mash**



**Salad**



**Microwave**



Always Growing

## Gnocchi ingredients:

- ☐ 6 large or 8 medium Royal Blue potatoes, peeled, quartered
- ☐ Salt and pepper
- ☐ 1 egg, lightly whisked
- ☐ 1 cup (approx) of plain flour
- ☐ 1/4 cup finely grated Parmesan
- ☐ Plain flour, to dust.

## Method:

Wash then boil the potatoes until cooked, drain really well and put through a ricer or mash. Turn onto a surface and leave to cool for a while. Whisk the egg and pour on top, add the flour, seasoning and cheese. Chop through with a plastic scraper and combine gently without stirring and smearing. Once the mix is combined put to the side. Clean down the bench, flour, and taking small bits at a time, roll the gnocchi gently into a long sausage shape and cut into pieces.



WA grown and produced, Beta Spuds are surprisingly healthy with virtually no fat, far less carbs than you think and more nutrients, vitamins and minerals than many superfoods. You can enjoy this recipe and many more without the guilt!

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**[betaspuds.com.au](https://betaspuds.com.au)**