KIKKOMAN

Spicy Tomato and Sausage Gnocchi

Total time **50 mins** **50 mins** preparation time

Nutritional facts (per portion):
2,399 kJ / 572 kcal

Fat: **26.3 g** Protein: **26.1 g**
Carbohydrates: **58.8 g**

INGREDIENTS

4 portion(s)

400 g	herby sausages
1 tbsp	olive oil
1	onion, finely chopped
2	fennel bulbs, diced
3	garlic cloves, crushed
800 g	tins plum tomatoes
0.5 tsp	dried chilli flakes
2 tsp	dried oregano
2	bay leaves
1 tbsp	tomato puree
3 tbsp	Kikkoman Naturally Brewed Soy Sauce
500 g	pack fresh gnocchi
100 g	baby spinach
	Small pack of basil, leaves chopped
	Grated parmesan, to serve

PREPARATION

Step 1

Slit open the sausages and remove the sausage meat, discarding the skins. Heat a wide, high-sided frying pan with the oil over a high heat and cook the sausage meat for 8-10 minutes, breaking it up into small pieces with the back of a wooden spoon. Once golden brown all over, tip onto a plate and set aside.

Step 2

Add the onion and fennel to the pan and cook for 10 minutes, until softened. Add the garlic and cook for a further minute then add the tinned tomatoes with 200ml water, the chilli flakes, oregano, bay leaves, tomato puree and soy sauce. Simmer for 20 minutes, until reduced slightly and adjust the seasoning to taste.

Step 3

Meanwhile, bring a large pan of water to the boil and cook the gnocchi according to the pack instructions.

Step 4

While the gnocchi is cooking, add the cooked sausage meat to the sauce and stir the spinach through until it's just wilted. Drain the gnocchi and stir into the sauce with the basil. Remove the bay leaves, divide between 4 plates and serve with the parmesan and plenty of fresh black pepper.