

# **Spicy Tomato and Sausage Gnocchi**

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

Nutritional facts (per portion):

2,399 kJ / 572 kcal

## **INGREDIENTS**

4 portion(s)

herby sausages
olive oil
onion, finely chopped
fennel bulbs, diced
garlic cloves, crushed
tins plum tomatoes
dried chilli flakes
dried oregano
bay leaves
tomato puree
Kikkoman Naturally
<b>Brewed Soy Sauce</b>
pack fresh gnocchi
baby spinach
Small pack of basil,
leaves chopped

serve

Grated parmesan, to

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

## **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.