



DropChef Sorrentina Gnocchi Bake

Experience the comforting flavors of our Sorrentina Gnocchi Bake—a delightful fusion of tender gnocchi, tangy tomatoes, and aromatic herbs. Sautéed shallots and garlic create a savory base, complemented by the briny notes of olives and capers. Topped with melted mozzarella and savory parmesan, this cheesy bake offers a satisfying and indulgent meal that is sure to please the whole family.

Nutritional Info

Calories: 695 kcal
Carbohydrates: 114.5 g
Protein: 29.5 g
Fat: 14.5 g

Ingredients

- Gnocchi
- Baby spinach
- Olives
- Shallot
- Capers
- Garlic cloves
- Mozzarella
- Tin tomatoes
- Grated parmesan
- Fresh parsley

Your Pantry

- Olive Oil
- Salt & Pepper

Allergens


[Wheat \(Gnocchi\)](#)
[Dairy \(Cheese\)](#)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.



1) **Preheat the oven to 200°C**

2) **Prepare the vegetables**

Peel and finely chop the shallot. Peel and crush the garlic. Finely chop the parsley. Roughly chop the spinach.

3) **Sautee the vegetables**

Add a drizzle of olive oil to a non-stick frying pan or saucepan and place on medium heat. Once hot, add the shallot and turn the heat down slightly. Cook for 4-5 minutes or until the onions are beginning to caramelize, then add the garlic. Cook for a further 1-2 minutes, then add the olives, capers, and tomatoes. Bring to a simmer then stir in the parsley and spinach, cooking until the spinach is wilted.

4) **Make the gnocchi bake**

Stir in the gnocchi and immediately transfer to an oven-proof dish that's the correct size for your household. Transfer to an oven-proof dish and then dot the mozzarella over the top. Sprinkle over the parmesan and place in the oven for 15 minutes or until the cheese is melted and golden.

5) **Serve the Dish**

Remove the bake from the oven and serve in bowls.



Fancy winning free DropChef in our weekly competition?!

To enter just share your delicious dinner on Instagram | **#DropChef**