



RISOTTO GNOCCHI WITH HEIRLOOM TOMATOES AND FAVA BEANS

QUICK INFORMATION

TIME



2 HR (1 HR INACTIVE)

SERVES



2

CALORIES



400

GLUTEN FREE



RECIPE

VEGETARIAN



RECIPE

INGREDIENTS

1 cup prepared and cooled Lundberg Family Farm's Risotto

1 large egg

5 tablespoons brown rice flour

3 tablespoons butter, divided

½ cup shelled fava beans

1 cup mini heirloom tomatoes, halved

Zest and juice of ½ a large lemon

1 clove garlic, minced

Salt and pepper to taste

7-8 sprigs of chives, sliced into thin rings

Parmesan cheese, grated (if desired)

NUTRITIONAL FACTS

Serving Size: 1/2 recipe (208g)

AMOUNT PER SERVING

Calories 400 Calories from Fat 210

Total Fat 23g

Saturated Fat 13g

Trans Fat 0.5g

Cholesterol 140mg

Sodium 620mg

Total Carbohydrate 41g

Dietary Fiber 4g

Sugars 5g

Protein 11g

PREPARATION

While water is heating, use a pastry scraper or any straightedge to push the dough into the corner with the bag, cut about ¼ - ½ inch from the corner of the bag (if using). Bring a large pot of water to a boil. Once boiling add 1 teaspoon of salt to the water. While dough is chilling prepare the tomatoes, garlic, chives, and fava beans. Transfer dough into a pastry bag or sandwich bag and refrigerate for 1 hour. Transfer mixture to a bowl and add rice flour, stir to combine. Make sure all rice flour is well incorporated (but be careful not to overwork the dough). Place risotto in a food processor and blend for 1-2 minutes or until fairly smooth. Add egg and process until well combined, about 1 minute. Working directly over the pot of water. Squeeze the dough out of the bag, and use the

back of a paring knife to cut dough into 1/2" pieces, so that they drop directly into the boiling water. Cook dumplings until they float to the top (about 1 minute) be sure not to over crowd the pot (1/3 of the dough at a time is usually a good rule of thumb)! Once floating, scoop dumplings out using a slotted spoon or mesh sieve and shaken off as much water as possible. Place on a greased plate or tray and chill in the fridge until ready to sauté.

Heat a medium to large sized skillet over medium high heat, melt 2 tablespoons of butter until just sizzling, add all gnocchi and spread out into an even layer make sure no dumplings are stacked. Pan fry them for about 3 minutes or until light golden brown. Flip gnocchi over and cook for an additional 2-3 minutes. Add tomatoes, fava beans and garlic, season with salt and pepper to taste. Sauté until vegetables have soften, about 2-3 more minutes. Add another tablespoon of butter to the pan along with juice, stir until butter has melted and gnocchi are coated. Add lemon zest and stir. Transfer to serving plates and garnish with chives and cheese (if desired).