



High prebiotic diet recipe: Tomato, bacon and basil gnocchi

This recipe makes 4 serves (400g per serve)

Ingredients:

- ¾ (117g) leek bulb (white bit) diced small
- 1 ¼ tins (500g) diced tomatoes
- 2 cloves (9g) garlic finely chopped
- 1 1/3 tbsp (36g) olive oil
- 1 1/3 tbsp (93g) tomato paste
- 110g bacon
- 1 tsp (3g) cracked black pepper
- 1/3 bunch (8g) basil
- Salt to taste
- 2 X 500g packets potato gnocchi
- 60g parmesan cheese block



Note:

Gnocchi (Val Verde, 500g pkt)

- 500g raw = 521g cooked (104.2% weight gain)

Gnocchi (Guzzi's, 500g pkt) (81% potato, 2.5 d fibre/100g)

- 500g raw = 631g cooked (126.2% weight gain)

Method:

- Sauté leeks and garlic in olive oil in a large pot
- Add chopped bacon and sauté a further couple of minutes
- Add tomato paste and pepper sauté briefly
- Add diced tomato and bring to the boil.
- Simmer 5 mins (adjust seasoning)
- Add roughly chopped basil after removing from heat
- Stir hot cooked gnocchi through sauce
- Serve and top with shaved parmesan