



Sausage and kale gnocchi

Recipe by Chelsea Goodwin,
from 'Money-saving Meal Plans with Chelsea'



Serves 4-5



Prep: 10 minutes

Cook: 20 minutes

INGREDIENTS

- 500g chicken or pork sausages, filling removed from casings
- ½ bunch kale, leaves chopped
- ½ cup (40 g) finely grated parmesan
- 3 cloves garlic, crushed
- 10 basil leaves, sliced
- 1 tablespoon olive oil
- 1 teaspoon dried Italian herbs
- ¼ teaspoon dried chilli flakes
- 2 tablespoons tomato paste
- 1 cup (250 ml) chicken stock
- 400ml passata
- 300ml thickened cream
- 500g gnocchi

To serve

- Basil leaves, for garnish
- Finely grated parmesan

DIRECTIONS

Prep

1. Use a sharp paring knife to make a small slit in the casing (skin) at the end of each sausage. Squeeze out the filling into a bowl and discard the casings.
2. Tear the kale leaves from the stems and roughly chop.
3. Finely grate the parmesan, crush the garlic and slice the basil leaves.

Cook

4. Heat the olive oil in a large pot or deep frying pan over medium-high heat. Add the sausage meat and cook, breaking it up with a wooden spoon, for 3-4 minutes until it's no longer pink.
5. Reduce the heat to medium. Add the garlic and cook for 30 seconds. Stir in the Italian herbs, chilli flakes and tomato paste. Stir for 1 minute and then pour in the chicken stock, passata and thickened cream.
6. Bring to a gentle simmer, then add the parmesan, kale leaves and gnocchi. Cook for 10 minutes, or until the gnocchi is tender and the kale has wilted. Taste and season with salt and pepper, then stir in the basil leaves.
7. Top with finely grated parmesan to serve.



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