Parsnip Gnocchi

A gluten-free gnocchi built on mashed parsnip instead of potato, with a naturally sweet, nutty flavour.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
30 min	**10 min**	**40 min**	**4**	**MEDIUM**

Ingredients

- 2 medium parsnips (peeled)
- 80 g gluten-free rice flour (plus extra for dusting)
- 1 tbsp ground flaxseed
- 5 tbsp tapioca starch
- 2 tbsp olive oil
- 1 tsp sea salt
- 1 pinch black pepper

Method

1. Cook the parsnips whole in boiling water for about 25 minutes, until completely tender. Drain and mash well while still hot.
2. Tip the mash onto a clean surface and add the rice flour, flaxseed, tapioca starch, olive oil, salt and pepper.
3. Knead until you have a smooth dough that doesn't stick to your hands, adding a little more rice flour if needed.
4. Divide into portions, roll into ropes and cut into 2cm pieces.
5. Bring a large pot of salted water to the boil. Cook the gnocchi in batches — they're ready a few seconds after they float to the surface.

Tips & swaps

- Serve with a simple homemade tomato sauce.
- Mash the parsnip while it's still hot — it binds far better than once it's cooled.

Storage & reheating

Best cooked fresh; uncooked shaped gnocchi freeze well on a tray, then bag once solid.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
210	**3g**	**34g**	**7g**	**4g**

Estimated values, for guidance only.