

Gluten-Free Mediterranean Tofu Gnocchi



Dive into a world of flavours with our Mediterranean tofu gnocchi, a recipe that marries the smoothness of tofu with the rich flavours of the Mediterranean. A colourful and savoury culinary journey that promises to delight your taste buds.

Preparation 40 min

Cooking 25 min

Servings 6

Nutrition Facts (per serving)

Calories 375

Fat 20

Carbohydrates 23

Fibre 5

Protein 26

Sodium 280

Ingredients

For the Gnocchi:

- 1 block (454 g) extra-firm tofu
- 30 ml (2 tbsp) water
- 250 ml (1 cup) chickpea flour
- 45 ml (3 tbsp) nutritional yeast
- 1 ml (1/4 tsp) salt

For the Roasted Vegetables:

- 2 bell peppers (various colours), cubed
- 1 zucchini, half-moon slices
- 1 red onion, cubed
- 1 package (280 g) cherry tomatoes
- Pepper, to taste

For the Pesto Sauce:

- 1 package (28 g) basil
- 2 Brazil nuts
- 1 garlic clove
- 22 ml (1½ tbsp) olive oil
- Juice of ½ lemon (or 30 ml (2 tbsp))
- 15 ml (1 tbsp) grated Parmesan
- 125 ml (½ cup) chicken or vegetable broth

To Serve:

- 1 ball of fresh mozzarella or burrata
- Pepper, to taste

Preparation

1. Preheat the oven to 400°F (200°C).
2. In a blender, place the tofu crumbled by hand. Blend, adding water 1 tbsp at a time. It will take at least 4-5 minutes for the tofu to become smooth and form a dough; avoid adding too much water at the beginning.
3. Transfer the tofu to a bowl and add the chickpea flour, nutritional yeast, and salt. Knead by hand to form a dough ball. Set aside.
4. On a baking sheet lined with parchment paper, place the vegetables and roast in the oven for about 20 minutes.
5. For the pesto sauce, place all ingredients in a blender and blend until smooth and almost homogeneous. Set aside.
6. While the vegetables are roasting, divide the dough into several small balls and roll them on a smooth surface to form a rope about 1 cm thick. Lightly flatten the rope with your hands and cut into small sections about 2 cm long. Use a bit of flour on the surface if the dough is sticky, but avoid adding too much to prevent the dough from becoming too dry and breaking. Repeat with the remaining dough.
7. In a large pot of boiling water, cook the gnocchi for about 5 minutes and remove them when they float to the surface.
8. Transfer to a large skillet, add the vegetables and pesto sauce, and cook until the vegetables are tender, and the gnocchi have absorbed the sauce.

1 or burrata in the middle of the dish.

Notes

Can be stored in an airtight container for 3-5 days or frozen for 3 months.

You can use store-bought pesto (about 2-3 tbsp) and gnocchi, but the protein content will be lower. In that case, you might want to add fish to the recipe. Feta cheese can also be used instead of mozzarella or burrata.



Elsa Rochette – Nutritionniste Diététiste à Québec | Responsable des services corporatifs et communautaires et créatrice culinaire

Registered Dietitian Nutritionist in Quebec City