



Cauliflower Gnocchi with Sausage

Makes: 2 servings

Prep Time: 5 minutes Cook Time: 15 minutes

Total Time: 20 minutes

- 2 tbsp extra virgin olive oil
- 2 uncooked, sweet or hot Italian sausage links
- 1 bag frozen Trader Joe's Cauliflower Gnocchi
- 1 tbsp ghee (or butter)
- 1/2 cup marinara sauce
- 1 & 1/2 cups baby spinach (or just a big handful)
- 3 tbsp fresh basil, cut into thin ribbons
- 1/4 cup shredded parmesan cheese, or more to taste
- Kosher salt, to taste

Heat 2 tablespoons olive oil over medium high heat in a non-stick skillet. Add the sausage links and cook until cooked through and golden brown, about 4 minutes per side. Transfer to a cutting board.

Add the frozen gnocchi to the same skillet and spread so that it is in a single layer. Let the gnocchi sauté, undisturbed, until golden brown on the bottom, 2-3 mins. Flip using a large spatula and add 1-2 tablespoons water. Continue to sauté, shaking the skillet every minute or so, until golden brown all over. *Do not attempt to flip the gnocchi for the first time until they are seared and golden brown on the bottom. The gnocchi will “unstick” themselves from the skillet when they’re ready to be flipped.

Cut up the cooked sausage into bite sized pieces and add back into the skillet with the gnocchi. Add the butter and marinara and shake the skillet to combine. Add the spinach and basil and toss until the spinach is just wilted, 2-3 mins. Serve immediately and enjoy!

Recipe from The Defined Dish