

## Gluten and Dairy Free Sweet Potato Gnocchi

<p><b>Equipment:</b></p> <p>Measuring cups and spoons Small bowl Large bowl Large frying pan Chopping board Large knife Fork Egg flip</p>	<p><b>Ingredients:</b></p> <p>3 medium sized sweet potato, peeled and cubed 6 cloves garlic 1 and ½ cups of brown rice flour 1 and ½ cups of chickpea flour 1 cup arrowroot starch 1 and ½ tsps. of sea salt Rice bran oil</p>
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### What to do:

1. Preheat your oven to 180°C and roast cubed sweet potato and garlic for 20 minutes.
2. Once roasted, remove and allow to cool before transferring to a food processor and mixing until smooth.
3. In a mixing bowl, combine together the pureed sweet potato and garlic, along with the brown rice flour, chickpea flour, arrowroot starch and sea salt. You may need to use your hands to get it mixed fully. Only one student mixes with their hands.
4. Lightly dust counter surface and hands with brown rice flour. Separate about ⅓ cup of the mixture and roll into 2 cm thick roll. Cut into 1 cm pieces. These are your gnocchi. Repeat until all of the mixture is used up.
5. Use a small fork to imprint the top of the gnocchi.
6. Bring a large sized pot of water to a boil. Add about 20 -30 pieces to the water using a slotted spoon. Move them around a little to prevent sticking. Once they rise to the top, using the slotted the spoon remove from the water and place in a colander to drain. Repeat with remaining dough until all are cooked.
7. Heat about 1 tbsp of oil in your pan and pan fry gnocchi for 3-4 minutes on each side. This is an optional step but helps to brown them up and give them a bit of a crispy outside. Repeat until all of the gnocchi have been browned.
8. Add the gnocchi to a tomato-based sauce, or sage and butter sauce.