

Clams with Gnocchi and Herb Butter Sauce

A light, savoury, delicious dinner that's easy to make in no time!

Serves 4 (1 cup each) Prep time 30 min / Total time 40 min

INGREDIENTS

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| 1 can (142 g) Gold Seal® Whole Baby Clams, drained | 1 Tbsp finely chopped chives |
| 2 Tbsp butter | 1 Tbsp finely chopped basil |
| 2 Tbsp olive oil | 6 sprigs asparagus, blanched, cut into bite-size pieces |
| ½ cup finely diced onion | 2 Tbsp grated fresh Parmesan cheese |
| 1 pkg (500g) refrigerated gnocchi cooked according to package instructions | |
| salt & freshly cracked pepper, to taste | |

COOKING INSTRUCTIONS

1. Melt butter with olive oil in a large non stick frying pan over medium/high heat.
2. Once melted add onions and sauté for 2 minutes.
3. Add clams and continue to sauté for 3-5 minutes.
4. Season with salt & pepper, add gnocci, chives, basil & asparagus and stir together. Garnish with Parmesan cheese and serve.

Ingredient of the day: Gnocchi

Gnocchi is the Italian name for a variety of thick, soft noodles or dumplings. It was introduced in Europe by the Roman Legions during the expansion of the empire & in the past 2000 years each country developed its own specific type of small dumplings, with the ancient Gnocchi as their common ancestor.

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CHEF TIPS

- Substitute the clams with Gold Seal® Flaked Light tuna (drained).
- Enjoy with a Caesar salad.

NUTRITIONAL VALUES / SERVING:

Calories 434	Fiber 3 g
Fat 19 g	Cholesterol 39 mg
Sat Fat 5 g	Sodium 420 mg
Carbs 61 g	Sugar 3 g
Protein 15 g	Calcium 112 mg