

Fuel Your Magic



Simba's Slimy Yet Satisfying Grub Gnocchi

•• **Serves:** 4 – 5 •••



What You'll Need:

- 1½ cups all-purpose flour
- 1 lb potatoes, mashed
- 1/4 cup parmesan cheese, grated
- 2 tablespoons parsley, chopped
- ¼ teaspoon paprika
- 1/4 teaspoon nutmeg
- 1/4 teaspoon salt
- ¼ teaspoon pepper

- 1 egg
- 2 tablespoons olive oil
- 1 cup broccoli, blanched
- 1 cup cherry tomatoes, halved
- ½ cup cocktail shrimp, precooked

How to Make It:

- 1. Start a pot of boiling water.
- 2. In a large bowl, add mashed potatoes, flour, parmesan cheese, chopped parsley, paprika, nutmeg, salt, pepper and the egg. Knead the mixture until it becomes dough and then form into a ball.
- 3. On a cutting board, roll the dough out into a snake roll, about the thickness of your finger.
- 4. Use a fork to cut the roll into inch-long pieces. Now let's make some "grubs" out of our gnocchi!
- 5. Take the gnocchi and roll them down the tines of a fork. Looks like a grub, doesn't it?
- 6. Drop the gnocchi into your boiling water. When they float to the top they are done. Place gnocchi grubs on a tray and set aside.
- 7. In a sauté pan over medium high heat, add olive oil and sauté your blanched broccoli and cherry tomatoes for 3 5 minutes.
- 8. Next, add your cocktail shrimp to the broccoli and tomatoes and cook for another 2-3 minutes.
- 9. Add your grubs to the pan and cook for 2 3 minutes.
- 10. Plate and enjoy!

