



## Local Rhoots

LOCAL. SUSTAINABLE. MEALS.

## Beet & Ricotta Gnocchi with Pan Roasted Wild Cod and Tomatoes

### Ingredients

Beets, Potatoes, Ricotta Cheese,  
Cup4Cup Gluten Free Flour, Baking  
Powder, Lemon, Salt

Wild Caught Cod.

Blistered Tomatoes  
Heirloom Tomatoes, Onion, Basil,  
Oil, Salt and Pepper

Garlic Scape Pesto  
Garlic Scapes, Arugula, Olive Oil,  
Lemon, Salt, Pepper, Parmesan.

Flower to Flour Chard

### Directions

Fill a large pot with water plus 1 tbsp of salt and bring to a boil.  
Take out a large pan to sauté the gnocchi and then the cod with tomatoes  
plus the serving plates or bowls for the finished dish.

Layer chard one on top of the other, roll and slice thinly.

If the cod filet is too large to fit in your pan, slice it now into smaller filets  
before you start cooking. Season the cod with salt and pepper as desired.

Once the water is boiling, set the pan on the stove next to it over medium  
heat and add 1 tbsp of oil or butter. Using a slotted spoon, place gnocchi  
in the boiling water at a time. Once they float (about 2 minutes), transfer  
them to the hot pan and saute on both sides for 1-2 minutes. Pour in pesto and  
combine. Simmer, then transfer to bowls and combine with the sliced chard.

Return the pan to the stove and pour in tomatoes with oil, then add the cod  
filets cooking 5 minutes on one side, then turning and cooking another 3-5 min-  
utes on the other. Transfer the cod to your serving plates. Enjoy!