

# 🍴 PUMPKIN GNOCCHI WITH SAGE BUTTER 🍴

**Prep Time:** 30 min | **Cook Time:** 60 min | **Servings:** 4 | **Difficulty:** Medium | **Diet:** Mediterranean



## Ingredients

- 1 small Delica pumpkin
- 300 g all-purpose flour (plus extra if needed to adjust the dough)
- Cornmeal (for dusting the surface)
- Ghee (about 40–50 g)
- Rosemary and sage
- Greens (such as Swiss chard or baby chard)
- Extra-virgin olive oil
- Garlic
- Salt and pepper

## How to make step by step

### 1 - Roast the pumpkin

- Cut the Delica pumpkin in half and remove the seeds
- Roast it in a preheated oven at 180°C (350°F) for 40–50 minutes, until the flesh is soft
- Scoop out the flesh with a spoon and purée it
- Tip: the drier the pumpkin flesh, the firmer the gnocchi will turn out

### 2 - Make the dough

- Place the warm pumpkin purée on a work surface dusted with cornmeal. Season with a pinch of salt and pepper
- Gradually add the flour (about 300 g, but add a little more or less depending on the pumpkin's moisture) and gently work the mixture until you get a soft, non-sticky dough

### 3 - Shape the gnocchi

- Divide the dough into four pieces and roll each into a long rope
- Cut the ropes into ~2 cm pieces and shape the gnocchi as you prefer
- Let the gnocchi rest for about 10 minutes on a floured surface

### 4 - Prepare the greens

- Wash the greens (Swiss chard or similar) and roughly chop them
- Heat a little olive oil in a pan with a crushed garlic clove
- Sauté the greens for a few minutes, season lightly with salt, then set aside

### 5 - Herb-infused butter

- In a saucepan, melt the ghee (or butter)
- Add sage and rosemary (chopped or whole) and let them sizzle gently until fragrant

### 6 - Cook the gnocchi

- Bring a large pot of salted water to a boil
- Drop the gnocchi into the boiling water (salt the water); they are ready when they float to the surface (a few seconds after they rise)
- Remove them with a slotted spoon and transfer directly into the pan with the herb butter, mix on low heat for about a minute

### 7 - Serve

- Plate the gnocchi, top with the sautéed greens, finish with a grind of black pepper and (optionally) a drizzle of extra-virgin olive oil and Parmigian cheese. Serve immediately

👉 Video recipe: <https://youtube.com/shorts/-En-PJ8-BZI>

### 💡 Tips & Variations

✓ **Make It Vegetarian (or Fully Vegan):** This recipe is naturally vegetarian, and you can easily make it fully vegan by replacing the butter with olive oil or vegan butter and skipping the Parmigiano at the end.

✓ **Adjust the Texture of the Gnocchi:** If your pumpkin is wetter than expected, simply add a little more flour while kneading. If it's drier, add less. The dough should stay soft but not sticky—this is the key to fluffy gnocchi.

✓ **Swap the Greens or Add Protein:** You can replace Swiss chard with spinach, kale, or sautéed mushrooms. For a heartier dish, add toasted walnuts or a spoonful of ricotta on top before serving.