

GNUDI

Time: 45 minutes

Serves: 4

Ingredients:

450g ricotta
230g brown rice flour
6g salt
Extra-virgin olive oil for storing

Preparation:

Bring a large pot of salted water to a boil.

Mix the ricotta, flour and salt in a bowl until a clay-like consistency is reached.

Divide the dough into eight or more equal pieces. Roll each piece into a 1cm round log. Cut the log into 1cm pieces. Roll those pieces along the tines of a fork to make grooves.

Drop the pieces into the boiling water and remove with a slotted spoon to a bowl of cold water once they float.

Drain the water and toss with oil.

Reheat in sauce or pan-fry to serve.

Nutritional Information Per Serving:

Calories: 391
Fat: 16g
Carbs: 45g
Fibre: 3g
Protein: 16g