

Foodnity Recipes

Mushroom Gnocchi with Sesame Ginger Sauce

15 min Prep time	**12 min** Cook time	**27 min** Total time
4 Servings	**Easy** Difficulty	**Fusion** Cuisine

Ingredients

Gnocchi Dough

- [ ] 1 lb russet potatoes (about 450 g)
- [ ] ¾ cup all-purpose flour, plus extra for dusting
- [ ] ½ tsp salt
- [ ] 1 tbsp unsalted butter

Sesame Ginger Sauce & Mushrooms

- [ ] 1 tbsp toasted sesame oil
- [ ] 1 cup sliced shiitake mushrooms (about 100 g)
- [ ] 2 cloves garlic, minced
- [ ] 1 tbsp fresh ginger, grated (about 2 g)
- [ ] ¼ cup low-sodium soy sauce (60 ml)
- [ ] 2 tsp rice vinegar (10 ml)
- [ ] 1 tsp sugar (4 g)
- [ ] ¾ cup vegetable broth (180 ml)

Garnish & Serving

- [ ] 1 tbsp toasted sesame seeds (10 g)
- [ ] 1 tbsp chopped scallions (green part) (10 g)
- [ ] ¼ cup fresh cilantro, chopped (optional) (10 g)
- [ ] Fresh lime wedges for serving

Instructions

1. Start by parboiling the 1 lb russet potatoes in salted water until they're just tender, which usually takes about 8–10 minutes. Drain them well and let them cool just a bit, then peel and mash them until they're nice and smooth. Honestly, don't overdo it here.

2. In a mixing bowl, combine your mashed potatoes with the ¾ cup all-purpose flour and ½ tsp salt. Knead it lightly—just until a soft, elastic dough forms. It shouldn't be sticky, but if it is, oops, just a pinch more flour. Fold in the 1 tbsp unsalted butter to give it that richness.

3. On a floured surface, roll the dough into 1-inch ropes. Cut each rope into 1-inch pieces. Now, here is the sweet part: gently press each piece with a fork to create those little ridges. I mean, they really help the sauce cling to the gnocchi.

4. Bring a large pot of salted water to a boil. Drop the gnocchi in batches and simmer for 2–3 minutes. Once they float to the surface, they're ready. Remove them carefully with a slotted spoon and set them aside.

5. Heat the 1 tbsp toasted sesame oil in a skillet over medium heat. Add the 1 cup sliced shiitake mushrooms and cook until they're golden brown and caramelized, about 5 minutes. Wow, the smell is just wonderful.

6. Stir in the 2 cloves garlic, minced and 1 tbsp fresh ginger, grated. Cook for just 30 seconds until it becomes fragrant. Don't let the garlic burn, okay?

7. Pour in the ¼ cup low-sodium soy sauce (60 ml), 2 tsp rice vinegar (10 ml), and ¾ cup vegetable broth (180 ml). Add the 1 tsp sugar, and a bit of salt and pepper to taste. Simmer gently for 3 minutes until the sauce thickens slightly.

8. Add your cooked gnocchi to the pan, tossing them gently to coat evenly. Cook for another 1–2 minutes just to heat the gnocchi all the way through.

9. Transfer everything to a serving platter. Garnish with 1 tbsp toasted sesame seeds (10 g), 1 tbsp chopped scallions (green part) (10 g), and ¼ cup fresh cilantro, chopped (optional) (10 g). Put some fresh lime wedges on the side for a bright little squeeze.

10. Enjoy it immediately, or if you have leftovers, just reheat them gently in the skillet with a splash of broth.

Nutrition per serving

340 kcal	11 g	42 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- Avoid overcooking the potatoes to prevent the gnocchi from becoming gummy.
- The ridges made by the fork are essential for capturing the sesame ginger sauce.
- A splash of extra broth during reheating keeps the dish moist.