

# Bacon + Asparagus Cauliflower Gnocchi (Gluten-Free and Paleo)

Serves 1-2

cook time: 15 minutes

I've been eating the cauliflower gnocchi from Trader Joe's for years, but I've never quite mastered the pan-fry method. Because I have an air fryer now, I tried throwing the gnocchis in there and it is a *game changer*. They come out fluffy and chewy on the inside, with a crisp outer shell. It's truly **\*chef's kiss\***.

That being said, if you don't have an air fryer, I would recommend baking them for best results. If you have mastered the pan-fry method, I'd suggest doing that in a separate pan from the other ingredients.



## ingredients

1 bag cauliflower gnocchi from Trader Joe's  
4 slices sugar-free bacon, chopped into bite sized pieces  
1 shallot, thinly sliced  
12 oz package of asparagus, chopped into bite sized pieces  
1 tbsp butter (or olive oil for paleo option)  
Lemon zest (optional)

## directions

1. If you have an air fryer, get those babies going according to package directions (I sprayed with a little avocado oil and added salt and pep - this is optional). If you don't have an air fryer, then bake or pan-fry (in a separate pan) according to package directions.
2. While that's cooking, heat a large skillet over medium heat. Add the bacon and cook until the fat coats the pan - just a couple minutes. Then add the shallots.
3. Cook until bacon and shallots are looking golden and crispy, another 5ish minutes.

4. Turn the heat up to high and add the asparagus and cook for about 4 minutes, stirring frequently until it turns bright green. You want it to still have some crunch, but not be raw.
5. Your gnocchi should be done around now. Turn the heat on low for your pan with the bacon, shallots and asparagus in it. Add the butter or olive oil, then add the gnocchi. Stir well until everything is mixed together and warm.
6. Top with lemon zest, salt and pepper as desired.
7. ENJOY!