Vegan creamy potato gnocchi soup

Ingredients (serves 4)

1 Jacket potato
100g plain flour
10g garlic
50g banana shallots
50g carrots
50g flat mushrooms
1 stick of celery
Handful of spring greens
10ml olive oil
350ml unsweetened soya milk
10g vegetable stock base
5g nutritional yeast flakes
Salt and pepper
Sprig of rosemary and thyme

Method

1. Bake the potato in the oven until tender and leave to cool. Take the peeled, cooked and cooled potato and cut into sections. Press the sections one at a time through a potato ricer.
2. In a large bowl add the riced potato, salt, olive oil and flour. Mix the ingredients together with your hands and then gently knead it into a cohesive ball. If the mixture is sticky add flour until it no longer sticks to your hand. If you can't get the flour to fully absorb and mix into the potatoes add a little extra olive oil until it comes together.
3. Take a 1 tsp piece of dough and squeeze it in your fist to make a compact ball, then roll it between your palms to make it round. Repeat with the rest of the dough.
4. Bring a large pan of salted water to the boil. Add the gnocchi to the pan and let it cook for about 4-5 minutes, or until the gnocchi float to the top. Remove with a slotted spoon.
5. To make the soup base: sauté the finely chopped garlic, onions, shallots and celery until the onions are translucent.
6. Add diced carrots, a sprig of rosemary and thyme and the sliced mushrooms. Cook until the mushrooms start to brown.
7. Now, add the vegetable bouillon paste, plant milk and nutritional yeast and bring it to a boil.
8. Add the gnocchi, stir, reduce the heat to medium-low and cook for 2-3 minutes uncovered, then cover and cook for a further 2-3 minutes.
9. Add the chopped spring greens, stir and cook until tender. Add salt and pepper to taste.