



# WCOOK

## Italian Beef Gnocchi Shells

with Italian-style hard cheese

**Hands-on Time:** 40 minutes

**Overall Time:** 45 minutes

**Simple & Save:** Serves 3 & 4

**Chef:** Layla Moerat

**Wine Pairing:** Deetlefs Wine Estate | Deetlefs Stonecross Malbec

Nutritional Info	Per 100g	Per Portion
Energy	888kJ	4126kJ
Energy	213kcal	987kcal
Protein	9.8g	45.7g
Carbs	21g	98g
of which sugars	2.9g	13.5g
Fibre	1.7g	8g
Fat	9.4g	43.6g
of which saturated	4g	18.8g
Sodium	166mg	772mg

**Allergens:** Cow's Milk, Egg, Gluten, Allium, Wheat, Sulphites

**Spice Level:** None

Eat Within 3 Days

### Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300g	400g	Gnocchi Shell Pasta
2	2	Onions <i>peel &amp; roughly dice 1½ [2]</i>
450g	600g	Beef Mince
45ml	60ml	NOMU Italian Rub
45ml	60ml	Tomato Paste
90ml	125ml	Crème Fraîche
8g	10g	Fresh Parsley <i>rinse &amp; roughly chop</i>
45ml	60ml	Grated Italian-style Hard Cheese

### From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water

- 1. PERFECT PASTA** Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Drain, reserving the pasta water, and toss through a drizzle of olive oil.
- 2. MMMINCE & SAUCE** Place a pot over medium heat with a drizzle of oil. When hot, fry the onion until golden, 6-7 minutes (shifting occasionally). Add the mince and work quickly to break it up as it starts to cook. Fry until browned, 5-6 minutes (shifting occasionally). Add the NOMU rub, and the tomato paste and fry until fragrant 2-3 minutes. Add 300ml **[400ml]** of water and ½ the parsley. Simmer until thickened, 4-5 minutes. Remove from the heat and mix through the crème fraîche. If too thick, loosen it with a splash of reserved pasta water. Add the gnocchi shells and seasoning.
- 3. DELISH DINNER** Bowl up the saucy mince pasta. Garnish with the remaining parsley, and sprinkle over the cheese.