



UCOOK

Baked Gnocchi Cheese Supreme

with passata, spinach & mozzarella

This cheesy gnocchi bake couldn't be any easier! Made with a simple but flavourful tomato passata and topped with melty mozzarella and cheddar cheese. It's a satisfying and scrumptious meal fit for any mood!


Hands-On Time: 15 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Ella Nasser

 Vegetarian

 Haute Cabrière | Chardonnay Unwooded

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

1	Onion <i>peeled & finely diced</i>
1	Garlic Clove <i>peeled & grated</i>
5ml	NOMU Provençal Rub
100ml	Tomato Passata
45ml	Crème Fraîche
4g	Fresh Oregano <i>rinsed, picked & finely chopped</i>
175g	Spinach Gnocchi
40g	Spinach <i>rinsed</i>
50g	Grated Mozzarella & Cheddar Cheese Mix

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Butter (optional)

1. MAKE THE DREAMY SAUCE Preheat the oven to 200°C. Boil the kettle. Place a pan over a medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the diced onion for 3-4 minutes until soft and translucent, shifting occasionally. Add in the grated garlic and Provençal rub and fry for 1 minute until fragrant, shifting constantly. Stir in the tomato passata and a sweetener of choice. Simmer for 4-5 minutes until slightly reduced, stirring occasionally. Reduce the heat and stir in the crème fraîche, ½ the chopped oregano, and season. Simmer for a further 3-5 minutes until thickened.

2. COOK YOUR GNOCCHI Place a pot for the gnocchi over a high heat. Fill with salted boiling water, and bring up to a boil. Once boiling, cook the gnocchi for 2-3 minutes until they begin to float and are heated through. Drain on completion, reserving a cup of gnocchi water, and toss through some oil to prevent sticking.

3. ALL TOGETHER NOW Add the gnocchi to the sauce and toss until evenly coated. Loosen with the reserved gnocchi water if the sauce is too thick. Stir through ½ of the rinsed spinach until slightly wilted. Spoon the sauce and gnocchi into an ovenproof dish. Sprinkle over the mixed grated cheese and bake for 8-10 minutes until the cheese is melted and starting to brown and bubble.

4. GNOCCHI OF DREAMS Plate up a bed of the remaining spinach, top with the cheesy gnocchi, and garnish with the remaining fresh oregano. Bravissimo, Chef!

Nutritional Information

Per 100g

Energy	610kJ
Energy	146Kcal
Protein	5.1g
Carbs	17g
of which sugars	4g
Fibre	2.6g
Fat	6.6g
of which saturated	3.9g
Sodium	250mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat

Cook
within 3
Days