

UCCOOK

Crispy Gnocchi & Chicken

with carrot, celery & fresh thyme

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Fan Faves: Serves 1 & 2

Chef: Samantha du Toit

Wine Pairing: Paul Cluver | Village Chardonnay

Nutritional Info

	Per 100g	Per Portion
Energy	445kj	2893kj
Energy	106kcal	692kcal
Protein	6.8g	44.1g
Carbs	9g	58g
of which sugars	2.7g	17.4g
Fibre	2.5g	16.6g
Fat	4.8g	31.5g
of which saturated	2.6g	16.7g
Sodium	226mg	1471mg

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

Spice Level: Mild

Eat Within 3 Days



Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	2	Vegetable Stock Sachet/s
1	2	Free-range Chicken Breast/s
125g	250g	Potato Gnocchi
1	1	Onion <i>peel & finely dice ½ [1]</i>
1	2	Celery Stalk/s <i>rinse & roughly slice</i>
120g	240g	Carrot <i>rinse, trim & cut into thin half-moons</i>
1	1	Garlic Clove <i>peel & grate</i>
10ml	20ml	NOMU Italian Rub
5ml	10ml	Paprika
3g	5g	Fresh Thyme <i>rinse, pick & finely chop</i>
50ml	100ml	Fresh Cream

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Butter

Seasoning (salt & pepper)

1. BEGIN THE SOUP BASE Boil the kettle. Dilute the stock with 200ml [400ml] of boiling water and set aside. Place a pan over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 2-4 minutes. Flip, cover with the lid, and fry until cooked through, 2-4 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter. Remove from the pan, reserving the pan juices, and rest for 5 minutes. Using two forks, shred the chicken.

2. IT'S A GO FOR GNOCCHI Bring a pot (large enough for the soup) of salted water to a boil for the gnocchi. Cook the gnocchi, 1-2 minutes. Drain and toss through a drizzle of olive oil. Remove from the pot and set aside.

3. SMELL THOSE AROMAS Return the pot to medium heat with a drizzle of oil. When hot, fry the onion until starting to brown, 2-3 minutes (shifting occasionally). Add the celery and the carrot. Fry until golden, 3-4 minutes. In the final minute, add the garlic, the NOMU rub, the paprika, the thyme, and seasoning. Add the diluted stock and the shredded chicken. Simmer until slightly thickened, 7-8 minutes. Add the cream and cook until warmed through.

4. CRISPY GNOCCHI While the soup is simmering, return the pan to medium heat with a knob of butter. When starting to foam, add the gnocchi and fry in a single layer until browned and crispy, 2-4 minutes (shifting occasionally).

5. TASTES LIKE HOME Bowl up a hearty helping of the creamy chicken soup. Scatter over the crispy gnocchi. Great work, Chef!