



UCCOOK

Chicken & Butternut Gnocchi

with sun-dried tomatoes & grated Italian-style cheese

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Samantha du Toit

Wine Pairing: Doos Wine | Doos Dry Red 3L

Nutritional Info	Per 100g	Per Portion
Energy	553kJ	2402kJ
Energy	132kcal	574kcal
Protein	11g	47.5g
Carbs	15g	63g
of which sugars	1.5g	6.6g
Fibre	1.5g	6.7g
Fat	4.2g	18g
of which saturated	1.5g	6.6g
Sodium	284mg	1231mg

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

Spice Level: Mild

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
175g	350g	Butternut Gnocchi
1	2	Free-range Chicken Breast/s
5ml	10ml	NOMU Cajun Rub
1	1	Garlic Clove <i>peel & grate</i>
40ml	80ml	Sour Cream
20g	40g	Spinach <i>rinse</i>
20g	40g	Sun-dried Tomatoes <i>drain</i>
15ml	30ml	Grated Italian-style Hard Cheese
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. **GNOCCHI** Bring a pot of salted water to a boil for the gnocchi. Cook the gnocchi until they float to the surface, 1-2 minutes. Drain, reserve the pasta water, and toss through a drizzle of olive oil.

2. **CHICKEN** Place a pan (with a lid) 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 and the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

3. **CREAMY SAUCE** Return the pan to medium heat with a drizzle of oil. When hot, fry the garlic until fragrant, 30-60 seconds. Deglaze the pan with 100ml [200ml] of the reserved pasta water and mix in the sour cream. Simmer until slightly thickened, 3-4 minutes. Mix in the spinach and the sun-dried tomatoes. Season.

4. **DINNER IS READY** Make a bed of the gnocchi, top with the chicken slices, and spoon over the creamy sauce. Sprinkle over the cheese and garnish with the parsley. Well done, Chef!

Chef's Tip Mixing pasta water into your sauce is a great way to enhance it all around! The starch content adds a silky richness to the texture and the salt content lends extra flavour.