



QCOOK

Biltong & Sun-dried Tomato Gnocchi

with fresh basil

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Fan Faves: Serves 3 & 4

Chef: Megan Bure

Wine Pairing: Niitida | Riesling

Nutritional Info	Per 100g	Per Portion
Energy	585kj	2063kj
Energy	140kcal	494kcal
Protein	10.1g	35.6g
Carbs	11g	38g
of which sugars	3.6g	12.8g
Fibre	3.1g	11.1g
Fat	7.2g	25.4g
of which saturated	3.2g	11.2g
Sodium	355mg	1252mg

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

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
375g	500g	Potato Gnocchi
225g	300g	Sliced Onions
150g	200g	Beef Biltong <i>roughly chop</i>
90g	120g	Sun-dried Tomatoes <i>roughly chop</i>
150ml	200ml	Sour Cream
60g	80g	Green Leaves <i>rinse</i>
8g	10g	Fresh Basil <i>rinse, pick & roughly tear</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Sugar/Sweetener/Honey
Butter
Seasoning (salt & pepper)

- 1. GO, GO 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, reserving 1 cup of pasta water, and toss through a drizzle of olive oil.
- 2. SILKY, SWEET ONION** Place a large pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the onion until caramelised, 12-15 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste). Remove from the pan, season, and cover.
- 3. MAKE IT BUTTERY & CRISPY** Return the pan to medium heat with a knob of butter and a drizzle of oil. When starting to foam, add the gnocchi and fry in a single layer, making sure not to overcrowd the pan, until browned and crispy, 2-4 minutes (shifting occasionally).
- 4. LOAD WITH FLAVOUR** Remove the pan from the heat and toss through the onion, the biltong, the sun-dried tomatoes, and the sour cream. Loosen with the reserved pasta water if too thick. Season and set aside.
- 5. BEST DIN-DIN EVER** Make a bed of the green leaves and top with the loaded gnocchi. Garnish with the basil leaves and dig in!