

# QCOOK

## Cacio e Pepe Bacon Gnocchi

with baby spinach & sunflower seeds

**Hands-on Time:** 15 minutes

**Overall Time:** 15 minutes

**Fan Faves:** Serves 1 & 2

**Chef:** Kate Gomba

**Wine Pairing:** Groote Post Winery | Groote Post-Sauvignon Blanc

### Nutritional Info

	Per 100g	Per Portion
Energy	1180kj	4678kj
Energy	282kcal	1119kcal
Protein	11.4g	45.3g
Carbs	10g	38g
of which sugars	1.8g	7.2g
Fibre	3.3g	12.9g
Fat	22.3g	88.6g
of which saturated	10.3g	40.8g
Sodium	606mg	2402mg

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

**Spice Level:** Hot

Eat Within 3 Days



## Ingredients & Prep Actions:

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Serves 1	[Serves 2]	
10g	20g	Sunflower Seeds
4	8	Streaky Pork Bacon
175g	350g	Potato Gnocchi
50ml	100ml	Fresh Cream
10ml	20ml	Crushed Black Peppercorns
50g	100g	Cheddar Cheese <i>grate</i>
20g	40g	Green Leaves <i>rinse</i>
10ml	20ml	Lemon Juice

## From Your Kitchen

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

**1. TIME TO TOAST** Boil the kettle. Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

**2. MAKIN' THE BACON** Return the pan to medium-high heat. Fry the bacon strips until browned and crispy, 1-2 minutes per side. Remove from the pan and drain on paper towel. Roughly slice.

**3. CRISPY GNOCCHI** Return the pan to medium heat with a drizzle of oil and 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).

**4. WHEN THE GNOCCHI IS DONE...** Place a pot over medium heat. Add the cream, black peppercorns (to taste), and the cheese. Once starting to bubble, vigorously stir until the cheese is melted. If the sauce is too thick, loosen with boiling water in increments until silky and smooth. Add the crispy gnocchi, ½ the bacon, and the spinach. Toss until fully combined and the spinach is wilted, 1-2 minutes. Loosen with more water if necessary. Season to taste.

**5. DINNER IS READY** Bowl up the creamy gnocchi. Sprinkle over the remaining bacon and drizzle over the lemon juice. Garnish with a scatter of the sunflower seeds. Buon appetito, Chef!

**Chef's Tip** Spreading the gnocchi in a single layer helps prevent it from steaming instead of crisping.