



UCOOK

Gorgonzola Gnocchi

with green beans, a zesty crumb & pecan nuts

Golden-fried gnocchi doused in a silky gorgonzola sauce, sprinkled with a zesty panko, pecan & parsley crumb, and sided with sautéed kale & green beans. Bellissima!


Hands-On Time: 30 minutes

Overall Time: 50 minutes

Serves: 2 People

Chef: Megan Bure

 Vegetarian

 No paired wines

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Ingredients & Prep

350g	Potato Gnocchi
100g	Kale <i>rinsed & roughly shredded</i>
40ml	Panko Breadcrumbs
20g	Pecan Nuts <i>finely chopped</i>
8g	Fresh Parsley <i>rinsed, picked & finely chopped</i>
1	Lemon <i>zested & cut into wedges</i>
200g	Green Beans <i>rinsed, trimmed & halved</i>
1	Red Onion <i>peeled & finely diced</i>
2	Garlic Cloves <i>peeled & grated</i>
160g	Baby Tomatoes <i>halved</i>
60ml	White Wine
100ml	Fresh Cream
60g	Gorgonzola

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter

1. LET'S GET GOING Boil the kettle. Place a pot for the gnocchi over a high heat. Fill with salted boiling water and bring back 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 $\frac{3}{4}$ of a cup of the pasta water. Place the shredded kale in a bowl with a drizzle of oil and some seasoning. Using your hands, gently massage until softened and coated in oil.

2. HERE I CRUMB Place a pan over a medium-high heat with a drizzle of oil. When hot, add the breadcrumbs, chopped pecans, chopped parsley, some lemon zest and seasoning. Fry for 2-3 minutes until the breadcrumbs have browned, shifting occasionally. Remove from the pan on completion.

3. SAUTÉED GREENS Return the pan to a medium-high heat with a drizzle of oil or a knob of butter. Fry the halved green beans for 2-3 minutes. Add the massaged kale and fry for 2-3 minutes until slightly softened. Toss with a squeeze of lemon juice and seasoning. Remove from the pan on completion and cover to keep warm.

4. GET SAUCY! Return the pot (used to boil the gnocchi) to a medium heat with a drizzle of oil. When hot, add the diced onion and fry until starting to soften, 4-5 minutes, shifting occasionally. Add the grated garlic and the halved baby tomatoes and fry for 2-3 minutes, until fragrant and blistering. Stir through the white wine and simmer until almost all evaporated. Add the reserved pasta water and mix to combine. Leave to simmer for 2-5 minutes or until slightly reduced. Stir in the cream and the gorgonzola until fully combined. Simmer for a further 2-3 minutes until slightly thickened. Remove from the heat and cover to keep warm.

5. FINISHING UP Return the pan to a medium-high heat with a knob of butter. When hot, fry the gnocchi in a single layer for 3-4 minutes until crisp and golden, shifting as they colour. Remove from the pan on completion and add to the gorgonzola sauce. Squeeze over some lemon juice and some seasoning, and mix until fully coated.

6. GORGONZOLA HEAVEN! Bowl up some of the saucy gorgonzola gnocchi and top with the tangy crumb. Side with the sautéed green beans and kale. Serve any remaining lemon wedges on the side.



Chef's Tip

Make sure you use a large enough pot to boil the gnocchi so that they don't end up sticking together from overcrowding. You can boil them in batches if necessary.

Nutritional Information

Per 100g

Energy	493kJ
Energy	118Kcal
Protein	3g
Carbs	10g
of which sugars	1.9g
Fibre	3.3g
Fat	7.2g
of which saturated	3.8g
Sodium	159mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites, Tree Nuts, Alcohol

Cook
within 2
Days