



# WCOOK

## Biltong & Sun-dried Tomato Gnocchi

with fresh chives

**Hands-on Time:** 20 minutes

**Overall Time:** 20 minutes

**Quick & Easy:** Serves 1 & 2

**Chef:** Megan Bure

**Wine Pairing:** Muratie Wine Estate | Muratie Martin Melch Cabernet Sauvignon

### Nutritional Info

	Per 100g	Per Portion
Energy	563kJ	2076kJ
Energy	135kcal	497kcal
Protein	9.7g	35.7g
Carbs	11g	39g
of which sugars	3.6g	13.2g
Fibre	3g	11.2g
Fat	6.9g	25.5g
of which saturated	3g	11.2g
Sodium	339.4mg	1252mg

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

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

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Serves 1	[Serves 2]	
125g	250g	Potato Gnocchi
75g	150g	Sliced Onions
50g	100g	Beef Biltong <i>roughly chop</i>
30g	60g	Sun-dried Tomatoes <i>roughly chop</i>
50ml	100ml	Sour Cream
20g	40g	Green Leaves <i>rinse</i>
3g	5g	Fresh Chives
15ml	30ml	Lemon Juice

## From Your Kitchen

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Oil (cooking, olive OR coconut)  
Seasoning (Salt & Pepper)  
Water  
Butter  
Sugar/Sweetener/Honey

**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, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste). Remove from the pan, season, and cover.

**3. LOAD WITH FLAVOUR** 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). 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.

**4. BEST DIN-DIN EVER** Make a bed of the green leaves and top with the loaded gnocchi. Garnish with the chives, drizzle over the lemon juice, and dig in!