

UCOOK

Chicken & Butternut Gnocchi

with sun-dried tomatoes & grated Italian-style cheese

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

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

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
525g	700g	Butternut Gnocchi
3	4	Free-range Chicken Breasts
15ml	20ml	NOMU Cajun Rub
2	2	Garlic Cloves *peel & grate*
125ml	160ml	Sour Cream
60g	80g	Spinach *rinse*
60g	80g	Sun-dried Tomatoes *drain*
45ml	60ml	Grated Italian-style Hard Cheese
8g	10g	Fresh Parsley *rinse, pick & roughly chop*

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 300ml [400ml] of the reserved pasta water and mix in the sour cream. Simmer until slightly thickened, 4-5 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.