



# U C O O K

— COOKING MADE EASY

## Sage & Roast Butternut Gnocchi

**with burnt butter, crème fraîche & toasted pine nuts**

Sage burnt butter and gnocchi: an all-time favourite! These mini dumplings are browned and crisped but retain their gloriously gooey centre. Tossed with Italian-style hard cheese and served atop roast butternut and fresh rocket. Mouthwateringly moreish!

---

**Hands-On Time:** 25 minutes

**Overall Time:** 35 minutes

---

**Serves:** 1 Person

---

**Chef:** Kate Gomba

---

 **Vegetarian**

---

Loved the dish? Let us know. Join the **UCOOK** community. Share your creations + tag us @ucooksa #lovingucook



## Ingredients & Prep

250g	Butternut <i>peeled &amp; cut into bite-size pieces</i>
10g	Pine Nuts
25g	Whole Italian-Style Hard Cheese
200g	Potato Gnocchi
8g	Fresh Sage <i>rinsed &amp; picked</i>
20g	Rocket <i>rinsed</i>
10ml	Cabernet Sauvignon Vinegar
25ml	Crème Fraîche

## From Your Kitchen

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

**1. ROAST THE BUTTERNUT** Preheat the oven to 200°C. Place the butternut pieces on a roasting tray. Coat in oil, season, and spread out in a single layer. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

**2. TOAST THE NUTS & PREP THE CHEESE** Place the pine nuts in a pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Keep a close eye on them; they burn easily! Remove from the pan on completion and set aside to cool. Using a vegetable peeler, shave half of the hard cheese into ribbons and set aside for garnish. Grate the remainder and set aside for the burnt butter.

**3. GNOCCHI ON THE GO!** When the butternut reaches the halfway mark, boil the kettle. Place a pot over a high heat, fill with boiling water, and add a pinch of salt. Once boiling rapidly, cook the gnocchi for 2-3 minutes until they begin to float and are heated through. Drain on completion.

**4. CRISPY GNOCCHI & SAGE BURNT BUTTER** Return the pan to a medium heat with a knob of butter. When starting to foam, fry the gnocchi in a single layer for 2-4 minutes until browned and crisped. Remove from the pan on completion. Return the pan to the heat with 40g of butter. Bring to a simmer and stir for 2-3 minutes until foaming and light brown. Add the sage leaves and fry for a minute until crispy. On completion, return the gnocchi to the pan along with the grated hard cheese. Toss to coat, season to taste, and remove from the heat.

**5. SOME FRESHNESS** Place the rinsed rocket in a bowl with a drizzle of the cab sauv vinegar. Toss to coat and season to taste.

**6. ORA DI CENA! DINNERTIME!** Make a bed of dressed rocket and cover in the gorgeous roast butternut. Top with the burnt butter and sage gnocchi and dollop over the crème fraîche. Garnish with the hard cheese shavings and a scattering of pine nuts. Buon appetito, Chef!



## Chef's Tip

For the best results, boil the gnocchi in batches to prevent crowding the pot and overcooking.

## Nutritional Information

Per 100g

Energy	545kj
Energy	130Kcal
Protein	3.9g
Carbs	14g
of which sugars	2g
Fibre	4.5g
Fat	6.9g
of which saturated	3.6g
Sodium	137mg

## Allergens

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

Cook  
within  
4 Days