



# UCOOK

## Sijnn's Crispy Gnocchi & Artichokes

with a blistered baby tomato balsamic vinaigrette

Delicious gnocchi sits atop a bed of fresh green leaves and is paired with tender artichokes & blistered baby tomatoes. Drizzled with a tangy balsamic vinaigrette, the dish is perfectly balanced with the creamy saltiness of feta cheese and the nuttiness of toasted sunflower seeds. It's sure to tantalise your taste buds!

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**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

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**Serves:** 4 People

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**Chef:** Rhea Hsu

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 Veggie

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 Sijnn Wines | Sijnn Saignée 2018

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## Ingredients & Prep

|      |                                                                  |
|------|------------------------------------------------------------------|
| 700g | Butternut Gnocchi                                                |
| 30g  | Mixed Herbs<br><i>(15g Fresh Chives &amp; 15g Fresh Parsley)</i> |
| 20g  | Sunflower Seeds                                                  |
| 320g | Baby Tomatoes<br><i>halved</i>                                   |
| 60ml | Balsamic Vinegar                                                 |
| 20ml | NOMU Provençal Rub                                               |
| 80g  | Green Leaves<br><i>rinsed</i>                                    |
| 200g | Artichoke Hearts<br><i>drained &amp; halved</i>                  |
| 100g | Danish-style Feta<br><i>drained</i>                              |

## From Your Kitchen

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

**1. OKI-GNOCCHI** Bring a pot of salted water to a boil for the gnocchi. Cook the gnocchi until they float to the surface, 2-3 minutes. Drain and toss through a drizzle of olive oil.

**2. INTERLUDE** Rinse and roughly chop the mixed herbs. 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.

**3. BLISTERED BALSAMIC TOMATOES** Return the pan to a medium heat with a drizzle of oil. When hot, fry the halved baby tomatoes until charred, 5-6 minutes (shifting occasionally). Remove from the pan and place in a bowl along with ½ the chopped herbs, the balsamic vinegar, a drizzle of olive oil, a sweetener, and seasoning. Mix until emulsified and set aside.

**4. BUTTER THEM UP** Return the pan to a medium heat with a knob of butter. When starting to foam, fry the cooked gnocchi and the NOMU rub in a single layer until browned and crispy, 2-4 minutes.

**5. VOILA!** Make a bed of the rinsed green leaves. Scatter over the crispy gnocchi, the halved artichokes, and the balsamic tomatoes. Drizzle over any remaining balsamic dressing from the tomatoes. Top with the drained feta. Sprinkle over the toasted sunflower seeds. Garnish with the remaining herbs. Enjoy, Chef!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 477kJ   |
| Energy             | 114kcal |
| Protein            | 3.3g    |
| Carbs              | 12g     |
| of which sugars    | 1.8g    |
| Fibre              | 4.7g    |
| Fat                | 5.9g    |
| of which saturated | 3.2g    |
| Sodium             | 303mg   |

## Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites

Cook  
within 3  
Days