



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!


Hands-on Time: 15 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Rhea Hsu

 Veggie

 Sijnn Wines | Sijnn Saignée 2018

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Ingredients & Prep

175g	Butternut Gnocchi
8g	Mixed Herbs <i>(4g Fresh Chives & 4g Fresh Parsley)</i>
5g	Sunflower Seeds
80g	Baby Tomatoes <i>halved</i>
15ml	Balsamic Vinegar
5ml	NOMU Provençal Rub
20g	Green Leaves <i>rinsed</i>
50g	Artichoke Hearts <i>drained & halved</i>
25g	Danish-style Feta <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, 3-4 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