

UCCOOK

One-pot Pesto & Spinach Gnocchi

with peas & sunflower seeds

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Veggie: Serves 3 & 4

Chef: Morgan Barnard

Wine Pairing: Zevenwacht | The Tin Mine White

Nutritional Info	Per 100g	Per Portion
Energy	560kj	2536kj
Energy	134kcal	607kcal
Protein	3.1g	14.2g
Carbs	10g	47g
of which sugars	2.9g	13.4g
Fibre	3.4g	15.5g
Fat	8.6g	39g
of which saturated	2.8g	12.5g
Sodium	225mg	1021mg

Allergens: Cow's Milk, Egg, Gluten, Allium, Wheat, Tree Nuts

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
30g	40g	Sunflower Seeds
375g	500g	Potato Gnocchi
2	2	Onions <i>peel & finely slice 1½ [2]</i>
250ml	320ml	Pesto Crème <i>(125ml [160ml] Pesto Princess Basil Pesto & 125ml [160ml] Sour Cream)</i>
120g	160g	Spinach <i>rinse</i>
150g	200g	Peas

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Butter

- 1. SEEDS** Place the sunflower seeds in a pot over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.
- 2. GNOCCHI** Return the pot with salted water and bring to a boil for the gnocchi. Cook the gnocchi until they float to the surface, 1-2 minutes. Drain, reserve 300ml [400ml] of the pasta water, and toss through a drizzle of olive oil.
- 3. CRISPY GNOCCHI** Return the pot to medium-high heat with a drizzle of oil and a knob of butter. Fry the cooked gnocchi in a single layer until golden, 2-4 minutes (shifting as they colour). Remove from the pot and set aside.
- 4. ALL TOGETHER** Return the pot to medium heat with a drizzle of oil. Fry the onion until soft, 4-5 minutes. Mix in the reserved pasta water, the pesto crème, the spinach, the peas, and the gnocchi. Simmer until the peas are warmed through, 3-4 minutes. Remove from the heat and add seasoning.
- 5. TIME TO EAT** Bowl up the gnocchi and scatter over the seeds. Well done, Chef!