



UCOOK

Gnocchi Alla Norma

with aubergine, capers & pine nuts

This gorgeous gnocchi is presented in a rich aubergine, tomato, and basil sauce, with an extra level of flavour from ribbons of cheese and salty capers. Balsamic-glazed green leaves and pine nuts accompany this feast with a tantalising texture. U-mami!


Hands-On Time: 25 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Kate Gomba

 Vegetarian

 Haute Cabrière | Pierre Jourdan Belle Nectar
Demi-Sec Rosé

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Ingredients & Prep

5g	Fresh Basil <i>rinsed</i>
10g	Pine Nuts
250g	Aubergine <i>cut into bite-sized pieces</i>
2,5ml	Dried Oregano
1	Fresh Chilli <i>deseeded & finely sliced</i>
1	Garlic Clove <i>peeled & grated</i>
100g	Cooked Chopped Tomato
175g	Potato Gnocchi
20g	Whole Italian-style Hard Cheese <i>½ grated & ½ peeled into ribbons</i>
10g	Capers <i>drained & roughly chopped</i>
20g	Green Leaves <i>rinsed</i>
20ml	Balsamic Glaze

From Your Kitchen

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

1. PREP & NUTS Bring a pot of salted water to the boil for the gnocchi. Pick the basil leaves and roughly chop the stalks. Place the pine nuts in a pan over a medium heat and toast for 3-5 minutes until golden brown, shifting occasionally. Keep a close eye on them; they can burn easily! Remove from the pan on completion and set aside.

2. AUBERGINE SAUCE Return the pan to a medium heat with a drizzle of oil. When hot, add a single layer of aubergine pieces, the dried oregano, sliced chilli (to taste), seasoning, and fry for 5-6 minutes until softened and golden, stirring occasionally. Add the grated garlic, basil stalks, and another drizzle of oil to the pan. Cook for a further 1-2 minutes, shifting occasionally. Stir in the cooked chopped tomato and 65ml of water. Reduce the heat to low and gently simmer for 8-10 minutes until thick.

3. GNOCCHI When the aubergine has 5-10 minutes to go, add the gnocchi to the boiling water and cook for 2-3 minutes, or until the gnocchi floats. Drain the gnocchi, reserving the gnocchi water. Place a nonstick pan over a medium-high heat with a drizzle of oil and a knob of butter. Once hot, fry the gnocchi in a single layer for 2-3 minutes per side, until golden. Remove from the heat and drain on paper towel.

4. ALMOST THERE Once the aubergine sauce is done, add some of the reserved gnocchi water to loosen it up if it is too thick.

5. SAUCE FINISHING Add the grated Italian-style hard cheese, capers (to taste), and ½ the whole basil leaves to the aubergine sauce, and season. Toss the rinsed green leaves with a drizzle of olive oil and some seasoning.

6. DIG IN Dish up the gnocchi alla Norma and green leaves. Drizzle over the balsamic glaze, sprinkle over the Italian-style hard cheese shavings and toasted pine nuts, and top with a crack of black pepper. Garnish with the remaining basil leaves and serve. Buon appetito, Chef!

Nutritional Information

Per 100g

Energy	398kJ
Energy	95Kcal
Protein	3g
Carbs	13g
of which sugars	5.7g
Fibre	3.8g
Fat	3.6g
of which saturated	1.7g
Sodium	177mg

Allergens

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

Cook
within 3
Days