



UCCOOK

Crispy Gnocchi & Beef Biltong Bowl

with fresh tomato, Danish-style feta & pumpkin seeds

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Jenna Peoples

Wine Pairing: Stettyn Wines | Stettyn Family Range Merlot

Nutritional Info

	Per 100g	Per Portion
Energy	574kJ	2421kJ
Energy	138kcal	579kcal
Protein	9.6g	40.4g
Carbs	10g	40g
of which sugars	3g	12.7g
Fibre	3.1g	13.2g
Fat	6.2g	26.2g
of which saturated	2.3g	9.7g
Sodium	443mg	1865mg

Allergens: Sulphites, Egg, Gluten, Wheat, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
125g	250g	Potato Gnocchi
5ml	10ml	NOMU One For All Rub
40g	80g	Peas
20g	40g	Pickled Onions <i>drain & slice</i>
3g	5g	Fresh Parsley <i>rinse & roughly chop</i>
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
1	2	Tomato/es <i>rinse & roughly dice</i>
50g	100g	Beef Biltong <i>roughly chop</i>
30ml	60ml	Honey Mustard Dressing
20g	40g	Danish-style Feta <i>drain</i>
5g	10g	Pumpkin Seeds

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Sugar/Sweetener/Honey
Butter

1. PLUMP PILLOWS Boil a full kettle. Place a pot for the gnocchi over high heat. Fill with boiling water and add a pinch of salt. Once boiling, cook the gnocchi until they float and are heated through, 1-2 minutes. Drain and toss through a drizzle of olive oil. Place a pan over medium heat with a knob of butter. When starting to foam, add the gnocchi and the NOMU rub, and fry in a single layer until browned and crispy, 2-4 minutes (shifting occasionally).

2. SPREAD HAP-PEA-NESS Submerge the peas in boiling water until plumped up and heated through, 2-3 minutes. Drain and set aside.

3. GOTTA GETTA VINAIGRETTE In a small bowl, combine the onion (to taste), ½ the parsley, a drizzle of olive oil, a sweetener, and seasoning. Set aside.

4. WHAT LEFTOVERS? Make a bed of the green leaves. Scatter over the tomato, the biltong, the crispy gnocchi, the pickled onion and the peas. Drizzle over the dressing and top with the feta. Sprinkle over the pumpkin seeds, and garnish with the remaining parsley. Enjoy, Chef!

Chef's Tip Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.