



UCOOK

Emerald Gnocchi

with goat cheese, truffle zest & fried mushrooms

Spinach and goat cheese gnocchi, scattered with thyme mushrooms and topped with truffle zest. A good gnocchi is hard to beat, so add the flavours of tangy goat cheese and luxurious truffle, and you have yourself a winner winner gnocchi dinner!

Hands-On Time: 15 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Thea Richter

 Vegetarian

 Niel Joubert | Blanc de Noir

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Ingredients & Prep

10g	Pine Nuts
1	Onion <i>½ peeled & roughly diced</i>
1	Garlic Clove <i>peeled & grated</i>
80g	Spinach <i>rinsed</i>
2g	Truffle Zest
1	Lemon <i>½ zested & cut into wedges</i>
25g	Whole Italian-style Hard Cheese <i>½ grated & ½ peeled into ribbons</i>
65g	Button Mushrooms <i>wiped clean & cut into quarters</i>
3g	Fresh Thyme <i>rinsed, picked & finely chopped</i>
175g	Spinach Gnocchi
25g	Chevin Goat's Cheese

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Blender
Butter

1. NUTS ABOUT THIS SAUCE Boil a full kettle. Place the pine nuts in a pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion and set aside for serving. Return the pan to a medium-high heat with a drizzle of oil. When hot, add the diced onion and fry for 4-5 minutes until soft and translucent, shifting occasionally. Add the grated garlic and fry for 1 minute, until fragrant, shifting constantly. Remove from the pan on completion and place in a blender.

2. GREEN MOMENT Fill a pot with boiling water and bring back up to a boil. Once boiling, blanch $\frac{3}{4}$ of the rinsed spinach for 1-2 minutes until wilted - be careful not to overcook. Drain on completion, and rinse under cold water to stop the cooking process. When cooled, squeeze out as much water as you can. Add the wilted spinach and 40ml of boiling water to the blender, along with $\frac{1}{2}$ the truffle zest, the lemon zest, seasoning, and the grated cheese. Pulse until smooth.

3. GOLDEN MUSHIES Return the pan, wiped down if necessary, to a medium-high heat with a drizzle of oil. When hot, fry the quartered mushrooms and chopped thyme for 4-5 minutes until golden brown. Remove from the pan on completion and season.

4. GORGEOUS GNOCCHI Return the pot to a high heat. Fill with boiling water, add a pinch of salt, and bring back up to the boil. Once boiling, cook the gnocchi for 2-3 minutes until they begin to float and are heated through. Drain on completion, return to the pot, and toss through some oil to prevent sticking.

5. LET'S GET CREAMY Return the pan to a medium-high heat with a knob of butter. When hot, fry the gnocchi in a single layer for 3-4 minutes until crisp and golden, shifting as they colour. Add the green sauce (to taste), adding extra seasoning if necessary, and toss until fully coated. In a bowl, toss the remaining spinach through some lemon juice, a drizzle of olive oil and seasoning.

6. DINNER TIME! Make a bed of the dressed spinach. Top with a generous helping of the saucy gnocchi. Crumble over the goat's cheese, and sprinkle over the fried mushrooms. Garnish with the cheese ribbons, truffle zest (to taste), and the toasted pine nuts. There you have it!

Nutritional Information

Per 100g

Energy	469kJ
Energy	112Kcal
Protein	5.3g
Carbs	14g
of which sugars	1.5g
Fibre	2.2g
Fat	3.8g
of which saturated	1.5g
Sodium	241mg

Allergens

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

Cook
within 2
Days