



UCOOK

French Onion Gnocchi

with dried cranberries & balsamic vinegar

Wine. Cheese. Pasta. Need we say more, Chef? These indulgent ingredients will all make an appearance in this fabulous French onion potato gnocchi dish. Spiced with NOMU Italian Rub & fresh thyme and coated in a creamy balsamic vinegar & cheese sauce, you won't feel anything but satisfied after this special meal.


Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Suné van Zyl

Veggie

 Deetlefs Wine Estate | Deetlefs Stonecross
Chardonnay

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Ingredients & Prep

175g	Potato Gnocchi
5g	Almonds <i>roughly chop</i>
1	Onion <i>peel & finely slice</i>
3g	Fresh Thyme <i>rinse</i>
5ml	NOMU Italian Rub
20g	Green Leaves <i>rinse</i>
10g	Dried Cranberries <i>roughly chop</i>
10ml	Balsamic Vinegar
20ml	White Wine
25ml	Crème Fraîche
25g	Italian-style Hard Cheese <i>grate ½ & peel ½ into ribbons</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Butter (optional)

1. IT'S PASTA O'CLOCK Bring a pot of salted water to a boil for the gnocchi. Cook the gnocchi until they float to the surface, 1-2 minutes. Drain, reserving 1 cup of pasta water, and toss through a drizzle of olive oil.

2. FOR SOME CRUNCH Place the chopped almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. TIME FOR THYME Return the pan to medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion and the rinsed thyme until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste) and the NOMU rub.

4. CRANBERRY SALAD In a salad bowl, toss together the rinsed leaves, the chopped cranberries, ½ the toasted nuts, ½ the balsamic vinegar, a drizzle of olive oil, and seasoning. Set aside.

5. FINISH THE SAUCE When the onions are done, remove and discard the thyme, then pour in the wine and cook until almost all evaporated, 1-2 minutes. Remove the pan from the heat and add in the cooked gnocchi, the crème fraîche, the grated hard cheese, and the remaining balsamic vinegar. Loosen with the reserved pasta water if too thick. Season and set aside.

6. PERFECT PASTA Serve up the creamy caramelised onion gnocchi and garnish with the hard cheese ribbons and the remaining toasted nuts. Serve the fresh dressed salad on the side.

Nutritional Information

Per 100g

Energy	651kJ
Energy	156kcal
Protein	4.3g
Carbs	14g
of which sugars	2.8g
Fibre	4.6g
Fat	8.6g
of which saturated	4.6g
Sodium	217mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites,
Tree Nuts, Alcohol, Cow's Milk

Eat
Within
3 Days