



UCOOK

Three Cheese Gnocchi

with baby tomatoes & balsamic reduction

An easy, breezy, cheesy weeknight dinner! Pillowy gnocchi is tossed in a creamy cheese sauce and served with zingy charred tomatoes, fresh salad leaves, fragrant basil, and toasted sunflower seeds. It is finished off with a drizzle of sweet balsamic reduction!


Hands-On Time: 20 minutes

Overall Time: 35 minutes

Serves: 3 People

Chef: Sarah Hewitt

 Veggie

 Boschendal | MCC Brut NV

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Ingredients & Prep

525g	Potato Gnocchi
30g	Sunflower Seeds
240g	Baby Tomato Medley <i>halved</i>
150ml	Fresh Cream
60g	Grated Mozzarella & Cheddar Cheese Mix
80g	Italian-style Hard Cheese <i>grated</i>
60g	Salad Leaves <i>rinsed</i>
30ml	Balsamic Reduction
10g	Fresh Basil <i>rinsed & picked</i>

From Your Kitchen

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

1. GNOCCHI MOMENT Boil the kettle. Place a pot over a high heat and 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, reserving 200ml of gnocchi water. Toss through some oil to prevent sticking.

2. SEEDS Place the sunflower seeds in a nonstick 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.

3. TOASTY TOMS Return the pan to a medium heat with a drizzle of oil. When hot, add the halved baby tomatoes and fry for 4-6 minutes until blistered, shifting occasionally. Remove from the pan on completion and cover to keep warm.

4. GOLDEN GNOCCHI When the gnocchi is cooked, return the pan, wiped down if necessary, to a medium heat with a drizzle of oil and a knob of butter. When hot, fry the cooked gnocchi in a single layer for 2-3 minutes per side, until golden. You may need to do this step in batches. Remove from the pan on completion and drain on paper towel.

5. CHEESY SAUCE Return the pan to a low heat. Pour in 150ml of the reserved gnocchi water and the cream. Add the cheese mix and the grated hard cheese. Stir for 3-4 minutes until fully combined and the cheese is melted. Remove from the heat and toss through the golden gnocchi. Add an extra splash of gnocchi water to loosen the sauce, if necessary. Season to taste. Just before serving, dress the rinsed salad leaves with a drizzle of oil and seasoning.

6. BON APPETITO! Pile up the creamy cheesy gnocchi. Scatter over the charred tomatoes and drizzle over the balsamic reduction. Side with dressed salad leaves, sprinkle over the toasted sunflower seeds, and garnish with picked basil leaves. Great work, Chef!

Nutritional Information

Per 100g

Energy	735kJ
Energy	180Kcal
Protein	5.7g
Carbs	12g
of which sugars	3.5g
Fibre	3.3g
Fat	12.3g
of which saturated	6.6g
Sodium	203mg

Allergens

Egg, Gluten, Dairy, Wheat, Sulphites

Cook
within 3
Days