



UCOOK

Biltong & Sun-dried Tomato Gnocchi

with fresh basil

They say good things take time, but obviously whoever 'they' are didn't know about this dish, Chef! Ready in under 30 minutes, this sensationally satisfying meal is a lifesaver when you want quick & delicious. Buttery, golden gnocchi is loaded with salty biltong, tangy sun-dried tomato, caramelised onion, and sour cream.

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Serves: 2 People

Chef: Megan Bure

Quick & Easy

Deetlefs Wine Estate | Deetlefs Estate Soet Hanepoot

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Ingredients & Prep

250g	Potato Gnocchi
150g	Sliced Onions
100g	Free-range Beef Biltong <i>roughly chop</i>
60g	Sun-dried Tomatoes <i>roughly chop</i>
60ml	Sour Cream
40g	Green Leaves <i>rinse</i>
5g	Fresh Basil <i>rinse, pick & roughly tear</i>

From Your Kitchen

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

1. GO, GO GNOCCHI 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. SILKY, SWEET ONION Place a large pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste). Remove from the pan, season, and cover.

3. MAKE IT BUTTERY & CRISPY Return the pan to medium heat with a knob of butter and a drizzle of oil. When starting to foam, add the cooked gnocchi and fry in a single layer, making sure not to overcrowd the pan, until browned and crispy, 2-4 minutes (shifting occasionally).

4. LOAD WITH FLAVOUR Remove the pan from the heat and toss through the caramelised onions, the chopped biltong, the chopped tomatoes, and the sour cream. Loosen with the reserved pasta water if too thick. Season and set aside.

5. BEST DIN-DIN EVER Make a bed of the rinsed leaves and top with the loaded gnocchi. Garnish with the basil leaves and dig in!

Nutritional Information

Per 100g

Energy	617kJ
Energy	148kcal
Protein	10.6g
Carbs	11g
of which sugars	3.6g
Fibre	3.3g
Fat	6.5g
of which saturated	2.8g
Sodium	374mg

Allergens

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

Eat
Within
3 Days