



UCOOK

Ostrich Biltong & Crispy Gnocchi

with fresh tomato, Danish-style feta & pumpkin seeds

A quick summer salad that will gnocchi your socks off! A bed of green leaves is topped with salty ostrich biltong, crispy sweet potato gnocchi, fresh tomato, pops of peas, creamy Danish-style feta & crunchy pumpkin seeds. All tossed together in a red wine vinegar dressing for tang.

Hands-on Time: 15 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Rhea Hsu

 Quick & Easy

 Waterford Estate | Waterford Rose-Mary 2022

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

125g	Sweet Potato Gnocchi
50g	Peas
1	Red Onion <i>¼ peeled & finely diced</i>
15ml	Red Wine Vinegar
4g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
5g	Pumpkin Seeds
5ml	NOMU Provençal Rub
20g	Green Leaves <i>rinsed</i>
1	Tomato <i>roughly diced</i>
50g	Free-range Ostrich Biltong
30g	Danish-style Feta <i>drained</i>

From Your Kitchen

Oil (cooking, olive or coconut)
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, 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 and toss through some oil to prevent sticking.

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

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

4. POPPIN' PUMPKIN SEEDS Place the pumpkin seeds in a pan over medium heat. Toast for 3-5 minutes until beginning to pop and turning brown. Remove from the pan and set aside to cool.

5. CRISP 'EM UP Return the pan to a medium heat with a knob of butter. When starting to foam, add the cooked gnocchi and the rub and fry in a single layer for 2-4 minutes until browned and crisped, shifting occasionally.

6. WHAT LEFTOVERS? Make a bed of rinsed green leaves. Scatter over the diced tomato, the biltong, the crispy gnocchi, and the plumped peas. Drizzle over the dressing and crumble over the drained feta. Sprinkle over the toasted pumpkin seeds, and garnish with the remaining parsley. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	503kJ
Energy	88kcal
Protein	9.1g
Carbs	12g
of which sugars	2.4g
Fibre	2.5g
Fat	3.3g
of which saturated	1.4g
Sodium	394mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 3
Days