



# UCCOOK

## Creamy Gnocchi Chicken Soup

with carrot, celery & fresh thyme

You've probably tried chicken noodle soup but what about crispy gnocchi chicken soup, Chef? This sublime version balances the familiar flavours of shredded chicken, celery, onion & carrot with intricate spices such as thyme, paprika, and NOMU Italian Rub. Crispy gnocchi floats in this luscious liquid for an elevated soup night.

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**Hands-on Time:** 25 minutes

**Overall Time:** 35 minutes

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**Serves:** 1 Person

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**Chef:** Samantha du Toit

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Fan Faves

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Paul Cluver | Village Chardonnay 2023

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## Ingredients & Prep

5ml	NOMU Vegetable Stock
1	Free-range Chicken Breast
125g	Potato Gnocchi
1	Onion <i>peel &amp; finely dice ½</i>
1	Celery Stalk <i>rinse &amp; roughly slice</i>
120g	Carrot <i>rinse, trim &amp; cut into thin half-moons</i>
1	Garlic Cove <i>peel &amp; grate</i>
10ml	NOMU Italian Rub
5ml	Paprika
3g	Fresh Thyme <i>rinse, pick &amp; finely chop</i>
50ml	Fresh Cream

## From Your Kitchen

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

**1. BEGIN THE SOUP BASE** Boil the kettle. Dilute the stock with 200ml of boiling water and set aside. Place a pan over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 2-4 minutes. Flip, cover with the lid, and fry until cooked through, 2-4 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter. Remove from the pan, reserving the pan juices, and rest for 5 minutes. Using two forks, shred the chicken.

**2. IT'S A GO FOR GNOCCHI** Bring a pot (large enough for the soup) of salted water to a boil for the gnocchi. Cook the gnocchi until they float to the surface, 1-2 minutes. Drain and toss through a drizzle of olive oil. Remove from the pot and set aside.

**3. SMELL THOSE AROMAS** Return the pot to medium heat with a drizzle of oil. When hot, fry the diced onion until starting to brown, 2-3 minutes (shifting occasionally). Add the sliced celery and the carrot half-moons. Fry until golden, 3-4 minutes. In the final minute, add the grated garlic, the NOMU rub, the paprika, the chopped thyme, and seasoning. Add the diluted stock and the shredded chicken. Simmer until slightly thickened 7-8 minutes. Add the cream and cook until warmed through.

**4. CRISPY GNOCCHI** While the soup is simmering, return the pan to medium heat with a knob of butter. When starting to foam, add the cooked gnocchi and fry in a single layer until browned and crispy, 2-4 minutes (shifting occasionally).

**5. TASTES LIKE HOME** Bowl up a hearty helping of the creamy chicken soup. Scatter over the crispy gnocchi. Great work, Chef!

## Nutritional Information

Per 100g

Energy	444kJ
Energy	106kcal
Protein	7g
Carbs	9g
of which sugars	2.5g
Fibre	2.5g
Fat	4.7g
of which saturated	2.6g
Sodium	192mg

## Allergens

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

Eat  
Within  
3 Days