



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.

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Serves: 4 People

Chef: Samantha du Toit

Fan Faves

Paul Cluver | Village Chardonnay 2023

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

Ingredients & Prep

20ml	NOMU Vegetable Stock
4	Free-Range Chicken Breasts
500g	Potato Gnocchi
2	Onions <i>peel & finely dice</i>
4	Celery Stalks <i>rinse & roughly slice</i>
480g	Carrot <i>rinse, trim & cut into thin half-moons</i>
2	Garlic Cloves <i>peel & grate</i>
40ml	NOMU Italian Rub
20ml	Ground Paprika
10g	Fresh Thyme <i>rinse, pick & finely chop</i>
200ml	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 800ml 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, 3-4 minutes (shifting occasionally). Add the sliced celery and the carrot half-moons. Fry until golden, 4-5 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 8-10 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