



# U C O O K

— COOKING MADE EASY

## SWEET POTATO GNOCCHI

**with a chilli-tomato sauce, basil pesto & ricotta**

Comfort food meets fine dining. Butter-fried sweet potato gnocchi in swirls of chilli, tomato, and oregano sauce, decorated with a luxurious mixture of basil pesto and ricotta cheese.

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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:** Alex Levett

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 **Vegetarian**

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## Ingredients & Prep

10g	Sunflower Seeds
1	Onion <i>one half peeled &amp; diced</i>
5ml	Dried Oregano
2.5ml	Dried Chilli Flakes
10ml	Tomato Paste
150g	Baby Tomatoes <i>rinsed</i>
50g	Ricotta
20ml	Pesto Princess Basil Pesto
175g	Sweet Potato Gnocchi

## From Your Kitchen

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

**1. TOAST THE SEEDS** Place the sunflower seeds in a pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool.

**2. CHILLI & TOMATO SAUCE** Return the pan to a low-medium heat with a drizzle of oil. When hot, fry the diced onion for 2-3 minutes until soft and translucent, shifting occasionally. Add the dried chilli flakes (to taste) and the dried oregano and fry for another minute. Add the tomato paste, 50ml of water, and the rinsed baby tomatoes. Allow to simmer for 6-8 minutes, stirring occasionally. Use your cooking utensil to break up the tomatoes as they soften, taking care not to spatter yourself with hot tomato juice! Stir through a knob of butter, some seasoning, and a sweetener of choice to taste. Remove from the pan on completion and set aside.

**3. PESTO-INFUSED RICOTTA** Boil the kettle. In a small bowl, combine the basil pesto with the ricotta cheese. Season to taste and set aside for serving.

**4. BOIL THE GNOCCHI** Place a pot for the gnocchi over a 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. Drain on completion and toss through some oil to prevent sticking.

**5. BROWN THE GNOCCHI** Wipe down the pan and return it to a medium-high heat with some oil and a knob of butter. When the butter begins to foam, brown the gnocchi for 3-5 minutes until crisped on the outside. Add the chilli-tomato sauce to the pan of golden gnocchi. Toss until the gnocchi is coated and the sauce has reheated. Remove from the heat on completion.

**6. YUM!** Dish up a warm bowl of chilli-tomato gnocchi, making sure to use up all the delicious sauce! Top with generous dollops of the basil pesto ricotta and garnish with the toasted sunflower seeds. Simple and scrumptious!



## Chef's Tip

Boil the gnocchi in batches to prevent crowding the pot and overcooking.

## Nutritional Information

Per 100g

Energy	507kJ
Energy	121Kcal
Protein	3.9g
Carbs	15g
of which sugars	1.3g
Fibre	2.3g
Fat	4.6g
of which saturated	1.3g
Sodium	174mg

## Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites, Tree Nuts

Cook  
within 2  
Days