



# UCCOOK

## Mexi Gnocchi Beef Bake

**with stuffed jalapeños & avocado**

Italy meets Mexico to create a spicy, gnocchi-your-socks-off pasta dish, Chef! The first flavour layer is a taco spice-infused mince & black beans medley, coated in a rich tomato sauce. Then comes golden potato gnocchi, followed by panko crumb-coated jalapeño tubes stuffed with cheesy goodness.

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**Hands-on Time:** 45 minutes

**Overall Time:** 60 minutes

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**Serves:** 4 People

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**Chef:** Gina Kamps

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Adventurous Foodie

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KWV - The Mentors | KWV The Mentors  
Chenin Blanc 2021

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## Ingredients & Prep

2	Onions <i>peel &amp; roughly dice</i>
600g	Free-range Beef Mince
60ml	Taco Spice <i>(20ml Old Stone Mill Mexican Spice &amp; 40ml NOMU Cajun Rub)</i>
400g	Cooked Chopped Tomato
500g	Potato Gnocchi
240g	Black Beans <i>drain &amp; rinse</i>
125ml	Sour Cream
200g	Cheddar Cheese <i>grate</i>
240g	Whole Pickled Jalapeños <i>drain</i>
80ml	Cornflour
200ml	Panko Breadcrumbs
2	Avocados

## From Your Kitchen

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

**1. MINCE** Preheat the oven to 220°C. Place a pan over medium-high heat with a drizzle of oil. When hot, fry the diced onions until soft, 4-5 minutes. Add the mince and work quickly to break it up as it starts to cook. Fry until browned, 5-6 minutes (shifting occasionally).

**2. SAUCE** Add the taco spice (to taste) to the pan and fry until fragrant, 1-2 minutes. Mix in the cooked chopped tomato and 400ml of water. Simmer until slightly thickening, 8-10 minutes. Remove from the heat, mix in the potato gnocchi, the rinsed beans, a sweetener (to taste), and season. Transfer the mixture to an ovenproof dish.

**3. PREPARING THE STUFFING** In a bowl, combine the sour cream, ¼ of the grated cheese, and seasoning. Add the sour cream mixture into the jalapeños tubes. In a shallow dish, whisk 2 eggs with 2 tsp of water. Prepare two more shallow dishes, one containing the cornflour (lightly seasoned) and the other containing the breadcrumbs. Lightly coat the jalapeño in the cornflour, then the egg mixture, and lastly in the breadcrumbs. Dust off any excess in between coatings.

**4. ALMOST THERE** To the ovenproof dish, sprinkle over the remaining cheese, and top with the stuffed jalapeños. Lightly coat the jalapeños with some oil. Pop in the oven and bake until the cheese is melted and the jalapeños are lightly golden, 12-15 minutes.

**5. AVO** Halve the avocados and remove the pips. Peel the skin off, keeping the flesh intact. Thinly slice the avocado.

**6. TIME TO EAT** Dish up the loaded gnocchi and top with the avocado slices. Enjoy, Chef!

## Nutritional Information

Per 100g

Energy	620kJ
Energy	148kcal
Protein	6.1g
Carbs	11g
of which sugars	2.8g
Fibre	3g
Fat	9g
of which saturated	3.5g
Sodium	214mg

## Allergens

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

Eat  
Within  
3 Days