



UCOOK

Bacon Ragù Gnocchi

with hard cheese, spinach & a melted Emmental and cream swirl

Don't miss out on this extraordinary meal, designed by the Head Chef of Steenberg's two restaurants. Tantalising tomato-based ragù – thick, silky, and packed with bacon – surrounds crisp butternut gnocchi. Rippled with warm Emmental cream and popping with seeds.

Hands-On Time: 30 minutes

Overall Time: 40 minutes

Serves: 2 People

Chef: Kerry Kilpin

 Easy Peasy

 Warwick Wine Estate | Three Cape Ladies

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Ingredients & Prep

20g	Pumpkin Seeds
350g	Butternut Gnocchi
1	Onion <i>peeled & finely diced</i>
240g	Carrot <i>rinsed, trimmed & roughly chopped</i>
2	Garlic Cloves <i>peeled & grated</i>
400g	Cooked Chopped Tomato
6 strips	Streaky Bacon
40g	Spinach <i>rinsed</i>
100ml	Fresh Cream
60g	Emmental Cheese <i>grated</i>
40ml	Grated Italian-style Hard Cheese
5g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. OPENING ACT Boil the kettle. Place the pumpkin seeds in a saucepan over a medium heat. Toast for 3-5 minutes until browned, shifting occasionally. Set aside to cool. Fill a pot with boiling water, add a pinch of salt, and place over a high heat. Once bubbling, cook the gnocchi for 2-3 minutes until floating and heated through. Drain, reserving a cup of the water. Toss some oil through the gnocchi and set aside.

2. NEXT UP Return the pan to a medium heat with a drizzle of oil. When hot, fry the diced onion for 4-6 minutes until soft, shifting occasionally. Add the chopped carrot and a splash of water. Simmer for 4-5 minutes until the carrot is al dente and the water has been absorbed. In the final minute, add the grated garlic and sauté until fragrant. Mix in the cooked chopped tomato until well combined and bring to the boil. Reduce the heat and simmer for 10 minutes, stirring occasionally.

3. MEANWHILE... Place a second pan over a medium heat. When hot, fry the bacon for 2 minutes per side until cooked but not too crispy. Set aside to drain on paper towel. Wipe down the pan and return it to a medium heat with a knob of butter and a small drizzle of oil. Once foaming, fry the gnocchi in a single layer for 4-5 minutes until crispy, shifting as they colour. Remove the pan from the heat. Roughly chop the bacon.

4. FINALE! Once the sauce has simmered, lower the heat and stir in the rinsed spinach and $\frac{3}{4}$ of the bacon. If the sauce is too thick, gradually mix in the reserved gnocchi water until the desired consistency. Simmer for 2-3 minutes until the spinach has wilted. On completion, stir through the fried gnocchi. Season to taste with salt, pepper, and a sweetener of choice, and remove from the heat.

5. SILKY SWIRL Place the cream in a small pot over a medium heat. Once bubbling, cook for 3-4 minutes until slightly thickened and reduced, stirring occasionally. Remove from the heat, whisk in the grated Emmental cheese until melted, and season.

6. THE TASTE OF WARM SUNSET Help yourself to bacon ragù gnocchi and a swirl of Emmental cream. Sprinkle over the hard cheese and remaining bacon. Garnish with the seeds and chopped parsley. Magnificent!



Chef's Tip

Make sure you use a large enough pot to boil the gnocchi so that they don't end up sticking together from overcrowding. You can boil them in batches if necessary.

Nutritional Information

Per 100g

Energy	640kJ
Energy	153Kcal
Protein	6g
Carbs	12g
of which sugars	2.7g
Fibre	1.8g
Fat	8.5g
of which saturated	4g
Sodium	285mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat

Cook
within 3
Days