



UCOOK

Beef Biltong & Crispy Gnocchi

with fresh tomato, Danish-style feta & pumpkin seeds

A quick summer salad that will gnocchi your socks off! A bed of green leaves is topped with salty beef biltong, crispy sweet potato gnocchi, fresh tomato, pops of peas, creamy Danish-style feta & crunchy pumpkin seeds. All tossed together in a red wine vinegar dressing for tang.

Hands-on Time: 15 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Rhea Hsu

 Quick & Easy

 Simonsig | Pinotage

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

Ingredients & Prep

125g	Sweet Potato Gnocchi
50g	Peas
1	Onion <i>¼ peeled & finely diced</i>
15ml	Red Wine Vinegar
3g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
5g	Pumpkin Seeds
5ml	NOMU Provençal Rub
20g	Green Leaves <i>rinsed</i>
1	Tomato <i>roughly diced</i>
50g	Fre-range Beef Biltong
25g	Danish-style Feta <i>drained</i>

From Your Kitchen

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

1. PLUMP PILLOWS Boil a full kettle. Place a pot for the gnocchi over high heat. Fill with boiling water and add a pinch of salt. Once boiling, cook the gnocchi until they float and are heated through, 2-3 minutes. Drain and toss through a drizzle of olive oil.

2. SPREAD HAP-PEA-NESS Submerge the peas in boiling water until plumped up and heated through, 2-3 minutes. Drain and set aside.

3. GOTTA GETTA VINAIGRETTE In a small bowl, combine the diced onion (to taste), the vinegar, ½ the chopped parsley, a drizzle of olive oil, a sweetener, and seasoning. Set aside.

4. POPPIN' PUMPKIN SEEDS Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

5. CRISP 'EM UP Return the pan to medium heat with a knob of butter. When starting to foam, add the cooked gnocchi and the NOMU rub, and fry in a single layer until browned and crispy, 2-4 minutes (shifting occasionally).

6. WHAT LEFTOVERS? Make a bed of the rinsed green leaves. Scatter over the diced tomato, the biltong, the crispy gnocchi, and the plumped peas. Drizzle over the dressing and crumble over the drained feta. Sprinkle over the toasted pumpkin seeds, and garnish with the remaining parsley. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	559kJ
Energy	134kcal
Protein	9.9g
Carbs	14g
of which sugars	2.4g
Fibre	2.8g
Fat	3.2g
of which saturated	1.3g
Sodium	383mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 3
Days