



# QCOOK

## Crispy Gnocchi & Beef Biltong Bowl

with fresh tomato, Danish-style feta & pumpkin seeds

**Hands-on Time:** 20 minutes

**Overall Time:** 25 minutes

**Quick & Easy:** Serves 3 & 4

**Chef:** Jenna Peoples

**Wine Pairing:** Stettyn Wines | Stettyn Family Range Merlot

Nutritional Info	Per 100g	Per Portion
Energy	574kJ	2421kJ
Energy	138kcal	579kcal
Protein	9.6g	40.4g
Carbs	10g	40g
of which sugars	3g	12.7g
Fibre	3.1g	13.2g
Fat	6.2g	26.2g
of which saturated	2.3g	9.7g
Sodium	443mg	1865mg

**Allergens:** Sulphites, Egg, Gluten, Wheat, Cow's Milk, Allium

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 3	[Serves 4]	
375g	500g	Potato Gnocchi
15ml	20ml	NOMU One For All Rub
120g	160g	Peas
60g	80g	Pickled Onions <i>drain &amp; slice</i>
8g	10g	Fresh Parsley <i>rinse &amp; roughly chop</i>
60g	80g	Salad Leaves <i>rinse &amp; roughly shred</i>
3	4	Tomatoes <i>rinse &amp; roughly dice</i>
150g	200g	Beef Biltong <i>roughly chop</i>
90ml	125ml	Honey Mustard Dressing
60g	80g	Danish-style Feta <i>drain</i>
15g	20g	Pumpkin Seeds

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (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, 1-2 minutes. Drain and toss through a drizzle of olive oil. Place a pan over medium heat with a knob of butter. When starting to foam, add the gnocchi and the NOMU rub, and fry in a single layer until browned and crispy, 2-4 minutes (shifting occasionally).

**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 onion (to taste), ½ the parsley, a drizzle of olive oil, a sweetener, and seasoning. Set aside.

**4. WHAT LEFTOVERS?** Make a bed of the green leaves. Scatter over the tomato, the biltong, the crispy gnocchi, the pickled onion and the peas. Drizzle over the dressing and top with the feta. Sprinkle over the pumpkin seeds, and garnish with the remaining parsley. Enjoy, Chef!

**Chef's Tip** 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.