



UCOOK

Balsamic Beef Ragù & Gnocchi

with toasted sunflower seeds & grated hard cheese


Pillowy sweet potato gnocchi is fried until golden & toasty. This is topped with a rich ragù made from caramelised mince, onion, red wine, tomato passata & cannellini beans, finished with grated Italian-style hard cheese. To balance the decadence, a side of greens, a sprinkle of toasted seeds and a drizzle of balsamic reduction.

Hands-on Time: 35 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Jason Johnson

 Adventurous Foodie

 Stellenzicht | Tristone Cabernet Sauvignon

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Ingredients & Prep

175g	Sweet Potato Gnocchi
10g	Sunflower Seeds
150g	Free-range Beef Mince
1	Onion <i>½ peeled & roughly diced</i>
15ml	NOMU Italian Rub
20ml	Red Wine
100ml	Tomato Passata
60g	Cannellini Beans <i>drained & rinsed</i>
20g	Green Leaves <i>rinsed</i>
30ml	Grated Italian-style Hard Cheese
15ml	Balsamic Reduction
4g	Fresh Oregano <i>rinsed & picked</i>

From Your Kitchen

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

1. COOK THE GNOCCHI Bring a pot of salted water to a boil for the gnocchi. Cook the gnocchi until they float to the surface, 2-3 minutes. Drain and toss through a drizzle of olive oil.

2. TOAST THE SEEDS Place the sunflower seeds in a pan (large enough to toast the gnocchi) over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. CARAMELISE THE MINCE Return the pan to medium-high heat with a drizzle of oil. When hot, fry the mince and work quickly to break it up as it starts to cook. Fry until browned, 5-6 minutes (shifting occasionally).

4. RICH RAGÙ Add the diced onions to the pot and fry until soft, 3-4 minutes, (shifting occasionally). Add the NOMU rub and fry until fragrant, 1-2 minutes. Pour in the wine and cook until almost evaporated, 1-2 minutes. Stir in the tomato passata and 150ml of water. Simmer until thickening and reduced, 8-10 minutes. In the final 3-4 minutes, add the rinsed beans and cook until warmed through. Add a sweetener and seasoning. Remove from the heat.

5. TOAST THE GNOCCHI Place a pan over medium heat with a knob of butter. When starting to foam, fry the cooked gnocchi in a single layer until browned and crispy, 1-2 minutes per side.

6. DRESS THE LEAVES In a bowl, combine the rinsed green leaves with a drizzle of olive oil and season.

7. TIME TO DINE Make a bed of the toasted gnocchi, top with the delicious ragù, and sprinkle over the grated hard cheese. Serve alongside the dressed leaves, scatter over the toasted seeds, and drizzle the balsamic reduction over the ragù. Garnish with the picked oregano. Indulge, Chef!

Nutritional Information

Per 100g

Energy	646kJ
Energy	154kcal
Protein	7.2g
Carbs	16g
of which sugars	3.6g
Fibre	2.6g
Fat	6.4g
of which saturated	2.2g
Sodium	271mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat,
Sulphites, Alcohol

Cook
within 3
Days