



# UCOOK

## Ostrich 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 ostrich 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.

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**Hands-on Time:** 15 minutes

**Overall Time:** 25 minutes

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**Serves:** 2 People

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**Chef:** Rhea Hsu

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 Quick & Easy

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 Waterford Estate | Waterford Rose-Mary 2022

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## Ingredients & Prep

|      |                                                              |
|------|--------------------------------------------------------------|
| 250g | Sweet Potato Gnocchi                                         |
| 100g | Peas                                                         |
| 1    | Red Onion<br><i>½ peeled &amp; finely diced</i>              |
| 30ml | Red Wine Vinegar                                             |
| 8g   | Fresh Parsley<br><i>rinsed, picked &amp; roughly chopped</i> |
| 10g  | Pumpkin Seeds                                                |
| 10ml | NOMU Provençal Rub                                           |
| 40g  | Green Leaves<br><i>rinsed</i>                                |
| 2    | Tomatoes<br><i>roughly diced</i>                             |
| 100g | Free-range Ostrich Biltong                                   |
| 60g  | Danish-style Feta<br><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, add a pinch of salt, and bring back up to the boil. Once boiling, cook the gnocchi for 2-3 minutes until they begin to float and are heated through. Drain and toss through some oil to prevent sticking.

**2. SPREAD HAP-PEA-NESS** Submerge the peas in boiling water for 2-3 minutes until plump and heated through. 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 of choice (to taste), and seasoning. Set aside.

**4. POPPIN' PUMPKIN SEEDS** Place the pumpkin seeds in a pan over medium heat. Toast for 3-5 minutes until beginning to pop and turning brown. Remove from the pan and set aside to cool.

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

**6. WHAT LEFTOVERS?** Make a bed of 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             | 503kJ  |
| Energy             | 88kcal |
| Protein            | 9.1g   |
| Carbs              | 12g    |
| of which sugars    | 2.4g   |
| Fibre              | 2.5g   |
| Fat                | 3.3g   |
| of which saturated | 1.4g   |
| Sodium             | 394mg  |

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook  
within 3  
Days