

QCOOK

Italian Exotic Mushroom Gnocchi

with a burnt sage butter & toasted pecans

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Flight Centre

Wine Pairing: Delheim Wines | Delheim Chenin Blanc
(Wild Ferment)

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 488kJ | 2418kJ |
| Energy | 117kcal | 578kcal |
| Protein | 3.1g | 15.3g |
| Carbs | 10g | 50g |
| of which sugars | 2.2g | 11.1g |
| Fibre | 2.9g | 14.4g |
| Fat | 7.1g | 35.3g |
| of which saturated | 3.5g | 17.2g |
| Sodium | 102mg | 503mg |

Allergens: Cow's Milk, Egg, Gluten, Allium, Wheat, Tree Nuts

Spice Level: None

Eat Within 3 Days



Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|----------|------------|---|
| 10g | 20g | Pecan Nuts <i>roughly chop</i> |
| 5g | 10g | Fresh Sage <i>rinse, pick & dry</i> |
| 125g | 250g | Mixed Exotic Mushrooms <i>wipe clean & roughly slice</i> |
| 125g | 250g | Potato Gnocchi |
| 1 | 1 | Onion <i>peel & roughly dice ½ [1]</i> |
| 1 | 2 | Garlic Clove/s <i>peel & grate</i> |
| 50ml | 100ml | Fresh Cream |
| 20ml | 40ml | Grated Italian-style Hard Cheese |
| 15ml | 30ml | Lemon Juice |

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Butter

Milk (optional)

Seasoning (salt & pepper)

1. PERFECT PECANS Place the pecans in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

2. CRISPY SAGE BUTTER Return the pan to medium-high heat with a drizzle of oil and a generous knob of butter. Once foaming, fry the sage leaves until crispy, about 1 minute per side (Use tongs if you have them!) Remove from the heat. Pour the sage butter and sage leaves into a small bowl. Cover and set aside.

3. CARAMELISE THE MUSHIES Return the pan to medium-high heat with a drizzle of oil. When hot, fry the mushrooms until golden, 5-6 minutes (shifting as they colour). Remove from the pan, season, and set aside.

4. POTATO GNOCCHI Boil the kettle. Place a pot over high heat, fill with boiling water, and add a pinch of salt. Once bubbling, cook the gnocchi until they begin to float and are heated through, 1-2 minutes. Drain, reserving ½ a cup of the gnocchi water.

5. GOLDEN NUGGETS Return the pan to medium-high heat with a drizzle of oil and a knob of butter. When hot, fry the cooked gnocchi in a single layer until golden, 2-4 minutes (shifting as they colour). Remove from the pan and set aside.

6. CREAMY SAUCE Return the pan to medium heat with a drizzle of oil. When hot, fry the onion until soft, 4-5 minutes (shifting occasionally). Add the garlic and fry until fragrant, 1-2 minutes (shifting constantly). Lower the heat slightly and stir in the cream, ½ the cheese, 30ml [60ml] of milk (optional) or water, the lemon juice (to taste), and seasoning. Simmer until slightly thickened, 2-3 minutes (stirring occasionally). Mix in the fried gnocchi and the mushrooms. Cook until reheated, 1-2 minutes. If the sauce is too thick, loosen with the reserved gnocchi water.

7. YOU'RE IN FOR A TREAT! Dish up the mushroom gnocchi. Pour over the sage butter and sage leaves (to taste). Sprinkle over the toasted pecans and the remaining cheese. Scrumptious!