



# UCOOK

## Make-Your-Own Gnocchi

with chorizo & blistered baby tomatoes

Time to get cheffy! Learn how to make your own gnocchi this week with UCOOK. Served with juicy blistered baby tomatoes, wilted spinach, and crispy chorizo. This dish is sure to impress your dinner guests, but more importantly, you will impress yourself!

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**Hands-On Time:** 40 minutes

**Overall Time:** 70 minutes

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**Serves:** 3 People

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**Chef:** Hannah Duxbury

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 Adventurous Foodie

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 Robertson Winery | Extra Light Merlot

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## Ingredients & Prep

|       |                                                                          |
|-------|--------------------------------------------------------------------------|
| 1,2kg | Potato<br><i>peeled &amp; cut into bite-sized chunks</i>                 |
| 600ml | Cake Flour                                                               |
| 150g  | Italian-style Hard Cheese<br><i>½ grated &amp; ½ peeled into ribbons</i> |
| 240g  | Baby Tomatoes<br><i>halved</i>                                           |
| 150g  | Sliced Chorizo                                                           |
| 60g   | Spinach<br><i>rinsed</i>                                                 |
| 12g   | Fresh Parsley<br><i>rinsed &amp; finely chopped</i>                      |
| 2     | Lemons<br><i>1½ cut into wedges</i>                                      |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Butter

**1. BEFORE YOU DOUGH** Place the potato chunks in a pot of salted water over a high heat. Pop on a lid and bring to the boil. Once boiling, remove the lid and reduce the heat. Allow to simmer for 15-20 minutes until cooked through and soft. Remove from the heat on completion and drain. In a large bowl, mash the cooked potato with a potato masher or fork until smooth. Set aside to cool slightly. Once slightly cooled, add ¾ of the flour (about 450ml), the grated cheese, and seasoning. Tip out onto a flat surface. Using your hands, gently knead the dough until fully combined.

**2. ALL YOU KNEAD IS GNOCCHI** Divide the dough into 9 equal pieces and form each into a tightly pressed ball. Using your hands, gently roll each ball into the shape of a rope. Using a sharp knife, cut each rope into 1-2cm pieces. Sprinkle ½ the remaining flour on a tray. You may need to use two trays. Carefully lay the gnocchi in a single layer on the tray and gently toss in the remaining flour to avoid the gnocchi sticking to each other. Place the tray in the freezer for 15 minutes.

**3. BLISTERED & BRILLIANT** Boil the kettle. Place a pan over a medium-high heat with a drizzle of oil. Add the halved baby tomatoes and fry for 4-5 minutes until blistered, shifting as they colour. Add the chorizo slices and fry for 2-3 minutes until crispy, shifting occasionally. Remove from the pan on completion.

**4. CRISP IT UP!** Return the pot to a high heat. Fill with boiling water, add a good pinch of salt, and bring back to the boil. Once boiling, carefully add the gnocchi and cook for 2-3 minutes until they begin to float. Drain on completion, reserving 300ml of pasta water. Place on a tray, spread out in a single layer, and drizzle with some oil to prevent sticking.

**5. BRING IT TOGETHER** Return the pan to a medium-high heat with a knob of butter. When hot, fry the gnocchi in a single layer for 3-4 minutes until crisp and golden, shifting as they colour. Add the baby tomatoes, the chorizo, and the spinach. Toss until fully combined. Season to taste. If you would like a saucier consistency, add a splash of the reserved pasta water and an extra knob of butter.

**6. TIME TO DINE!** Plate up a gorgeous heap of loaded homemade tomato and chorizo gnocchi. Garnish with fresh parsley, ribbons of cheese, and a squeeze of lemon juice. Well done, Chef!



## Chef's Tip

Why not try this easy gnocchi recipe with a range of different sauces? The soft texture of this gnocchi pairs perfectly with a creamy sauce. Pop the gnocchi directly in the sauce after boiling and skip the pan frying to keep its soft texture!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 666kJ   |
| Energy             | 159Kcal |
| Protein            | 7.4g    |
| Carbs              | 24g     |
| of which sugars    | 0.7g    |
| Fibre              | 2.1g    |
| Fat                | 3.8g    |
| of which saturated | 1.5g    |
| Sodium             | 4mg     |

## Allergens

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

Cook  
within  
4 Days