



# UCOOK

## Chicken & Butternut Gnocchi

with sun-dried tomatoes & grated  
Italian-style cheese

Pillowy butternut gnocchi is pan-fried until golden, then topped with juicy NOMU Cajun Rub-spiced chicken slices. Now here comes the best bit: a sour cream sauce layered with spinach & tangy pops of sun-dried tomatoes is spooned over. Impressive, Chef!

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**Hands-on Time:** 25 minutes

**Overall Time:** 25 minutes

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**Serves:** 3 People

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**Chef:** Samantha du Toit

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Quick & Easy

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 Waterford Estate | Waterford Chardonnay

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## Ingredients & Prep

525g	Butternut Gnocchi
3	Free-range Chicken Breasts
15ml	NOMU Cajun Rub
2	Garlic Cloves <i>peel &amp; grate</i>
120ml	Sour Cream
60g	Spinach <i>rinse</i>
60g	Sun-dried Tomatoes <i>drain</i>
45ml	Grated Italian-style Hard Cheese
8g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

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

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

**2. CHICKEN** Place a pan (with a lid) over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 2-4 minutes. Flip, cover with the lid, and fry until cooked through, 2-4 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter and the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

**3. CREAMY SAUCE** Return the pan to medium heat with a drizzle of oil. When hot, fry the grated garlic until fragrant, 30-60 seconds. Deglaze the pan with 300ml of the reserved pasta water and mix in the sour cream. Simmer until slightly thickening, 4-5 minutes. Mix in the rinsed spinach and the drained sun-dried tomatoes. Season.

**4. DINNER IS READY** Make a bed of the gnocchi, top with the chicken slices, and spoon over the creamy sauce. Sprinkle over the grated cheese and garnish with the chopped parsley. Well done, Chef!



## Chef's Tip

Mixing pasta water into your sauce is a great way to enhance it all around! The starch content adds a silky richness to the texture and the salt content lends extra flavour.

## Nutritional Information

Per 100g

Energy	577kJ
Energy	138kcal
Protein	11g
Carbs	15g
of which sugars	1.5g
Fibre	1.5g
Fat	4.2g
of which saturated	1.5g
Sodium	284mg

## Allergens

Egg, Gluten, Allium, Wheat, Sulphites, Cow's Milk

Eat  
Within  
3 Days