



UCOOK

Creamy Roasted Broccoli Gnocchi

with lemon & sunflower seeds

Tender and pillowy potato gnocchi is tossed through a luscious crème fraîche and Dijon mustard sauce. Speckled with roasted broccoli and sprinkled with toasted sunflower seeds for a crunch - this dish is absolutely delectable!

Hands-on Time: 10 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Kate Gomba

 Veggie

 Leopard's Leap | Chenin Blanc

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Ingredients & Prep

200g	Potato Gnocchi
10g	Sunflower Seeds
100g	Broccoli Florets <i>cut into bite-sized pieces</i>
1	Onion <i>¼ peeled & roughly diced</i>
50g	Spinach <i>rinsed & roughly shredded</i>
40ml	Crème Fraîche
10ml	Dijon Mustard
1	Lemon <i>¼ cut into wedges</i>

From Your Kitchen

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

1. BUBBLING GNOCCHI Boil the 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. Cook the gnocchi for 2-3 minutes until they begin to float and are heated through. Drain on completion, reserving a cup of gnocchi water, and toss the gnocchi with some oil to prevent sticking.

2. SUNNY SEEDS Place the sunflower seeds in a pan (large enough for the gnocchi) over a medium heat. Toast the seeds for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan and set aside to cool.

3. YOU BROCC MY WORLD Return the pan to a medium heat with a drizzle of oil. When hot, add the broccoli pieces and fry for 4-5 minutes until lightly charred, shifting occasionally. Add the diced onion and fry for 3-4 minutes until soft, shifting occasionally. Add the shredded spinach and fry for 2-3 minutes until wilted, shifting occasionally.

4. ALL TOGETHER NOW When the spinach is wilted, add the cooked gnocchi to the pan along with the crème fraîche, the mustard, and the juice of 1 lemon wedge. Mix until fully combined. Add the reserved gnocchi water in 50ml increments until saucy or the desired consistency. Season to taste.

5. LUSCIOUS DELICIOUS Serve up a heaping helping of the creamy broccoli gnocchi. Sprinkle over the toasted sunflower seeds. Serve any remaining lemon wedges on the side. Tuck in, Chef!

Nutritional Information

Per 100g

Energy	534kj
Energy	128kcal
Protein	3.3g
Carbs	11g
of which sugars	1.7g
Fibre	4.2g
Fat	8g
of which saturated	4.3g
Sodium	278mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat,
Sulphites

Cook
within 3
Days