



UCOOK

Savanna's Crispy Gnocchi & Tomato Salad

with baby marrow & a balsamic vinaigrette

Fun fact: Gnocchi isn't a type of pasta. Traditional gnocchi is made from potatoes, which makes it a dumpling. Another fact is that this gnocchi recipe is delicious! On a bed of green leaves rests crispy pillows of butternut gnocchi, dotted with rounds of green baby marrow and pops of tangy blistered baby tomatoes.

Hands-on Time: 15 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Savanna

🍷 Adventurous Foodie

🍷 Waterford Estate | Waterford Sauvignon Blanc

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Ingredients & Prep

175g	Butternut Gnocchi
5g	Pumpkin Seeds
80g	Baby Tomatoes <i>rinsed & halved</i>
1	Onion <i>¼ peeled & finely diced</i>
15ml	Balsamic Vinegar
4g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
100g	Baby Marrow <i>rinsed, trimmed & cut into bite-sized pieces</i>
5ml	NOMU Provençal Rub
20g	Green Leaves <i>rinsed</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Butter

1. PILLOWS FOR YOUR PALATE Bring a pot of salted water to a boil for the gnocchi. Cook the gnocchi until they float to the surface, 2-3 minutes. Drain and toss through a drizzle of olive oil.

2. HEAR THEM POP Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. BLISTERED BALSAMIC TOMATOES Place a pan over medium heat with a drizzle of oil. When hot, char the baby tomato halves until blistered, 3-4 minutes. In the final minute, add a sweetener and seasoning. Remove from the pan and place in a bowl with the onion, the balsamic vinegar, ½ of the chopped parsley, a drizzle of olive oil, a sweetener, and seasoning. Mix well to combine and set aside.

4. WHERE DID MY BABY MARROW GO? Return the pan or griddle pan to medium heat with a drizzle of oil. When hot, fry the baby marrow pieces until charred, 3-4 minutes per side. Remove from the pan and season.

5. BUTTER THEM UP Return the pan to medium heat with a knob of butter. When hot, fry the cooked gnocchi and the NOMU rub in a single layer until browned and crisped, 2-4 minutes.

6. IT'S AN ITALIAN FEAST! Make a bed of the rinsed green leaves. Scatter over the charred baby marrow, the crispy gnocchi, and the balsamic tomatoes. Drizzle over any remaining balsamic dressing from the tomatoes. Sprinkle over the pumpkin seeds and garnish with the remaining chopped parsley. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	365kJ
Energy	87kcal
Protein	2.6g
Carbs	16g
of which sugars	2.1g
Fibre	2.5g
Fat	0.9g
of which saturated	0.2g
Sodium	182mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 3
Days