

UCCOOK

Crispy Gnocchi & Beef Biltong Bowl

with fresh tomato, Danish-style feta & pumpkin seeds

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Jenna Peoples

Wine Pairing: Stettyn Wines | Stettyn Family Range Merlot

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|-----------|-------------|
| Energy | 617.5kJ | 2756.6kJ |
| Energy | 147.8kcal | 659.8kcal |
| Protein | 12.2g | 54.7g |
| Carbs | 9g | 40.1g |
| of which sugars | 2.9g | 12.7g |
| Fibre | 3g | 13.2g |
| Fat | 6.3g | 27.9g |
| of which saturated | 2.3g | 10.1g |
| Sodium | 503.8mg | 2249mg |

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|----------|------------|--|
| 125g | 250g | Potato Gnocchi |
| 5ml | 10ml | NOMU One For All Rub |
| 40g | 80g | Peas |
| 20g | 40g | Pickled Onions <i>drain & slice</i> |
| 3g | 5g | Fresh Parsley <i>rinse & roughly chop</i> |
| 20g | 40g | Salad Leaves <i>rinse & roughly shred</i> |
| 1 | 2 | Tomato/es <i>rinse & roughly dice</i> |
| 75g | 150g | Beef Biltong <i>roughly chop</i> |
| 30ml | 60ml | Honey Mustard Dressing |
| 20g | 40g | Danish-style Feta <i>drain</i> |
| 5g | 10g | Pumpkin Seeds |

From Your Kitchen

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

1. PLUMP PILLOWS Boil a full kettle. Place a pot for the gnocchi over high heat. Fill with boiling water and add a pinch of salt. Once boiling, cook the gnocchi until they float and are heated through, 1-2 minutes. Drain and toss through a drizzle of olive oil. Place a pan over medium heat with a knob of butter. When starting to foam, add the gnocchi and the NOMU rub, and fry in a single layer until browned and crispy, 2-4 minutes (shifting occasionally).

2. SPREAD HAP-PEA-NESS Submerge the peas in boiling water until plumped up and heated through, 2-3 minutes. Drain and set aside.

3. GOTTA GETTA VINAIGRETTE In a small bowl, combine the onion (to taste), ½ the parsley, a drizzle of olive oil, a sweetener, and seasoning. Set aside.

4. WHAT LEFTOVERS? Make a bed of the green leaves. Scatter over the tomato, the biltong, the crispy gnocchi, the pickled onion and the peas. Drizzle over the dressing and top with the feta. Sprinkle over the pumpkin seeds, and garnish with the remaining parsley. Enjoy, Chef!

Chef's Tip 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.