

UCCOOK

Butternut Gnocchi & Pesto

with beetroot & toasted pumpkin seeds

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Veggie: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Zevenwacht | The Tin Mine White

Nutritional Info	Per 100g	Per Portion
Energy	498kJ	2159kJ
Energy	117kcal	516kcal
Protein	3.6g	15.7g
Carbs	16g	69g
of which sugars	0.7g	3.3g
Fibre	2.9g	12.8g
Fat	4g	17.6g
of which saturated	1.3g	5.8g
Sodium	300mg	1327mg

Allergens: Cow's Milk, Egg, Gluten, Allium, Wheat, Tree Nuts

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Beetroot <i>rinse, trim, peel (optional) & cut into bite-sized pieces</i>
525g	700g	Butternut Gnocchi
15g	20g	Pumpkin Seeds
60ml	80ml	Pesto Princess Basil Pesto
60g	80g	Green Leaves <i>rinse</i>
60g	80g	Danish-style Feta <i>drain</i>
8g	10g	Fresh Basil <i>rinse, pick & roughly tear</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Butter

Seasoning (salt & pepper)

1. BOIL THE BEET Place the beetroot pieces in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain, season, and cover.

2. GO GNOCCHI 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.

3. TOASTED SEEDS 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.

4. GOLDEN GNOCCHI Return the pan to medium-high heat with a drizzle of oil and a knob of butter. When hot, fry the gnocchi in a single layer until golden, 2-4 minutes (shifting as they colour). Remove from the pan and set aside.

5. BRIGHT SALAD In a salad bowl, combine the pesto with 60ml [80ml] of olive oil and 30ml [40ml] of warm water. Add the green leaves and the beetroot. Toss to combine.

6. THERE YOU GO! Plate up the loaded beetroot and leaves, scatter over the toasted gnocchi, and crumble over the feta. Sprinkle over the pumpkin seeds and garnish with the basil. Great job, Chef!