



UCOOK

Chorizo Gnocchi & Chili Dressing

with Italian-style hard cheese & thyme

This recipe is going to gnocchi your socks off, Chef! Pillowy sweet potato gnocchi share a plate with crispy chorizo, which are all embraced by a dreamy, creamy cheese sauce. To balance the richness, the dish is completed with a chilli-lime dressing.

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Megan Bure

 Quick & Easy

 Waterford Estate | Waterford Chardonnay

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Ingredients & Prep

175g	Sweet Potato Gnocchi
30g	Sliced Pork Chorizo
1	Onion
1	Garlic Clove
3g	Fresh Thyme
10ml	Cake Flour
100ml	Low Fat Fresh Milk
30ml	Grated Italian-style Hard Cheese
20ml	Lemon Juice
10ml	Dried Chilli Flakes

From Your Kitchen

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

1. GO, GO 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, reserving a cup of the gnocchi water, and toss through a drizzle of olive oil.

2. PREP Roughly chop the chorizo. Peel & finely dice ½ the onion. Peel and grate the garlic. Rinse and pick the thyme.

3. CHECK THE CHORIZO Place a pan over medium-high heat with a drizzle of oil. When hot, fry the chopped chorizo until crispy, 1-2 minutes (shifting occasionally). Remove from the pan and drain on paper towel.

4. IT'S ALL ABOUT THE SAUCE Return the pan to medium-high heat with a drizzle of oil (if necessary). When hot, fry the diced onion until golden, 4-5 minutes (shifting occasionally). Add the grated garlic and the picked thyme, and fry until fragrant, 1-2 minutes (shifting constantly). Add 20g of butter and the flour. Fry, 1-2 minutes (shifting constantly). Gradually whisk in the milk, making sure there are no lumps. Simmer until thickening, 2-3 minutes.

5. FINAL TOUCHES & FLAVOURS Add ½ the grated cheese, ½ the lemon juice, and seasoning to the sauce. Stir through the cooked gnocchi and ½ the fried chorizo. Loosen the sauce with the reserved gnocchi water if it's too thick. Remove from the heat.

6. DRESSING In a small bowl, combine the chilli flakes with the remaining lemon juice and a drizzle of olive oil.

7. DISH UP DINNER Plate up the creamy chorizo gnocchi and drizzle over the chilli dressing (to taste). Sprinkle over the remaining cheese and the crispy chorizo. Finish off with a crack of black pepper. Cheers, Chef!

Nutritional Information

Per 100g

Energy	552kJ
Energy	132kcal
Protein	6.1g
Carbs	17g
of which sugars	2.1g
Fibre	1.4g
Fat	4g
of which saturated	1.6g
Sodium	265.5mg

Allergens

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

Cook
within 3
Days