



WCOOK

Biltong & Sun-dried Tomato Gnocchi

with fresh chives

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Megan Bure

Wine Pairing: Muratie Wine Estate | Muratie Martin Melch Cabernet Sauvignon

Nutritional Info	Per 100g	Per Portion
Energy	563kJ	2076kJ
Energy	135kcal	497kcal
Protein	9.7g	35.7g
Carbs	11g	39g
of which sugars	3.6g	13.2g
Fibre	3g	11.2g
Fat	6.9g	25.5g
of which saturated	3g	11.2g
Sodium	339.4mg	1252mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
375g	500g	Potato Gnocchi
225g	300g	Sliced Onions
150g	200g	Beef Biltong <i>roughly chop</i>
90g	120g	Sun-dried Tomatoes <i>roughly chop</i>
150ml	200ml	Sour Cream
60g	80g	Green Leaves <i>rinse</i>
8g	10g	Fresh Chives
45ml	60ml	Lemon Juice

From Your Kitchen

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

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 1 cup of pasta water, and toss through a drizzle of olive oil.

2. SILKY, SWEET ONION Place a large pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the onion until caramelised, 12-15 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste). Remove from the pan, season, and cover.

3. LOAD WITH FLAVOUR Return the pan to medium heat with a knob of butter and a drizzle of oil. When starting to foam, add the gnocchi and fry in a single layer, making sure not to overcrowd the pan, until browned and crispy, 2-4 minutes (shifting occasionally). Remove the pan from the heat and toss through the onion, the biltong, the sun-dried tomatoes, and the sour cream. Loosen with the reserved pasta water if too thick. Season and set aside.

4. BEST DIN-DIN EVER Make a bed of the green leaves and top with the loaded gnocchi. Garnish with the chives, drizzle over the lemon juice, and dig in!