



UCOOK

Chicken & Butternut Gnocchi

with sun-dried tomatoes & grated Italian-style cheese

Pillowy butternut gnocchi is pan-fried until golden, then topped with juicy NOMU Cajun Rub-spiced chicken slices. Now here comes the best bit: a sour cream sauce layered with spinach & tangy pops of sun-dried tomatoes is spooned over. Impressive, Chef!

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Samantha du Toit

Quick & Easy

 Waterford Estate | Waterford Chardonnay

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Ingredients & Prep

175g	Butternut Gnocchi
1	Free-range Chicken Breast
5ml	NOMU Cajun Rub
1	Garlic Clove <i>peel & grate</i>
40ml	Sour Cream
20g	Spinach <i>rinse</i>
20g	Sun-dried Tomatoes <i>drain</i>
15ml	Grated Italian-style Hard Cheese
3g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

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

2. CHICKEN Place a pan (with a lid) over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 2-4 minutes. Flip, cover with the lid, and fry until cooked through, 2-4 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter and the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

3. CREAMY SAUCE Return the pan to medium heat with a drizzle of oil. When hot, fry the grated garlic until fragrant, 30-60 seconds. Deglaze the pan with 100ml of the reserved pasta water and mix in the sour cream. Simmer until slightly thickening, 3-4 minutes. Mix in the rinsed spinach and the drained sun-dried tomatoes. Season.

4. DINNER IS READY Make a bed of the gnocchi, top with the chicken slices, and spoon over the creamy sauce. Sprinkle over the grated cheese and garnish with the chopped parsley. Well done, Chef!



Chef's Tip

Mixing pasta water into your sauce is a great way to enhance it all around! The starch content adds a silky richness to the texture and the salt content lends extra flavour.

Nutritional Information

Per 100g

Energy	577kJ
Energy	138kcal
Protein	11g
Carbs	15g
of which sugars	1.5g
Fibre	1.5g
Fat	4.2g
of which saturated	1.5g
Sodium	284mg

Allergens

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

Eat
Within
3 Days