

UCOOK

Crispy Gnocchi & Tomato Salad

with baby marrows & a balsamic vinaigrette

Fun Fact: Gnocchi isn't a type of pasta. Traditional gnocchi is made from potatoes, which makes it a dumpling. Another fact is that this gnocchi recipe is delicious! On a bed of green leaves rests crispy pillows of butternut gnocchi, dotted with rounds of green baby marrow and pops of tangy blistered baby tomatoes.

Hands-on Time: 15 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Rhea Hsu

 Veggie

 Waterford Estate | Waterford Sauvignon Blanc

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Ingredients & Prep

175g	Butternut Gnocchi
5g	Pumpkin Seeds
80g	Baby Tomatoes <i>halved</i>
1	Red Onion <i>peeled & ¼ finely diced</i>
15ml	Balsamic Vinegar
4g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
100g	Baby Marrow <i>rinsed, trimmed & cut into thick rounds</i>
5ml	NOMU Provençal Rub
20g	Green Leaves <i>rinsed</i>

From Your Kitchen

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

1. PILLOWS FOR YOUR PALATE Boil the kettle. Place a pot for the gnocchi over a high heat. Fill with boiling water, add a pinch of salt, and bring back up to the boil. Once boiling, cook the gnocchi for 2-3 minutes until they begin to float and are heated through. Drain and toss through some oil to prevent sticking.

2. HEAR THEM POP Place the pumpkin seeds in a pan over a medium heat. Toast for 3-5 minutes until beginning to pop and turning brown. Remove from the pan and set aside to cool.

3. BLISTERED BALSAMIC TOMATOES Return the pan to a medium heat with a drizzle of oil. When hot, fry the halved baby tomatoes for 3-4 minutes until blistered and charred. Remove from the pan and place in a bowl along with the finely diced onion, the balsamic vinegar, ½ of the chopped parsley, a drizzle of olive oil, some sweetener (to taste), and some seasoning. Mix well to combine and set aside.

4. WHERE DID MY BABY MARROW GO? Return the pan to a medium heat with a drizzle of oil. When hot, add the baby marrow rounds and fry for 3-4 minutes until charred, shifting occasionally. Remove from the pan and season. Cover and set aside for serving.

5. BUTTER THEM UP Return the pan to a medium heat with a knob of butter. When starting to foam, fry the cooked gnocchi and the rub in a single layer for 2-4 minutes until browned and crisped.

6. IT'S AN ITALIAN FEAST! Make a bed of the rinsed green leaves. Scatter over the charred baby marrow, the crispy gnocchi, and the balsamic tomatoes. Drizzle over any of the remaining balsamic dressing from the tomatoes. Sprinkle over the pumpkin seeds, and garnish with the remaining chopped parsley. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	366kJ
Energy	88kcal
Protein	2.7g
Carbs	16g
of which sugars	2.1g
Fibre	2.6g
Fat	0.9g
of which saturated	0.2g
Sodium	184mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 3
Days