



U C O O K

— COOKING MADE EASY

GREEN GODDESS GNOCCHI

**with charred broccoli & a zesty cream
and basil pesto sauce**

Scrumptious spinach gnocchi, resplendent in a sauce of basil pesto, garlic, lemon zest, cream, and charred broccoli. Finished with Italian-style hard cheese and fresh rocket. Emerald green and fit for a queen!

Hands-On Time: 35 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Tess Witney

 **Vegetarian**

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Ingredients & Prep

150g	Broccoli Florets cut into bite-size pieces
1	Lemon one half zested & cut into wedges
175g	Spinach Gnocchi
2	Garlic Clove peeled & grated
30ml	White Wine
100ml	Fresh Cream
15ml	Pesto Princess Basil Pesto
20g	Green Leaves rinsed
30ml	Grated Italian-style Hard Cheese

From Your Kitchen

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

1. CHARRED BROCCOLI BITS Boil a full kettle. Place a large pan (that has a lid) over a medium heat with a drizzle of oil. When hot, fry the broccoli pieces for 5-6 minutes until lightly charred. Add a splash of water and a generous squeeze of lemon juice. Cover with the lid and simmer for 2-3 minutes until cooked through but still al dente. Remove from the pan on completion, season to taste, and set aside.

2. BOIL THE GNOCCHI Place a pot for the gnocchi over a high heat and fill with boiling water. Add a pinch of salt and bring back up to the boil. Once boiling, pop in the gnocchi and cook for 2-3 minutes until they begin to float and are heated through. Drain on completion and toss through some oil to prevent sticking.

3. CRISP THE GNOCCHI Return the pan to a high heat with a knob of butter. When it begins to foam, fry the gnocchi in a single layer for 2-4 minutes until starting to brown and crisp. Remove from the pan on completion.

4. GREEN GODDESS SAUCE Return the pan to a medium-high heat with another drizzle of oil or knob of butter, if needed. When hot, fry the grated garlic for about a minute until fragrant. Stir in the white wine and simmer for a minute until absorbed. Add the cream, lemon zest to taste, and basil pesto. Mix to combine and allow to simmer for 2-3 minutes until slightly reduced. Pop in the charred broccoli and heat through for about a minute. Finally, gently toss the fried gnocchi through the sauce until warmed and coated. On completion, season to taste and remove the pan from the heat.

5. DRESS THE LEAVES Toss a drizzle of oil through the rinsed green leaves and season to taste.

6. BOWL OF GOODNESS Scoop up a generous bowl of the green goddess gnocchi. Pile on the grated Italian-style hard cheese and top with the fresh green leaves. Bellissimo!



Chef's Tip

For the best results, boil the gnocchi in batches to prevent crowding the pot and overcooking.

Nutritional Information

Per 100g

Energy	646kJ
Energy	154Kcal
Protein	3.7g
Carbs	14g
of which sugars	1.2g
Fibre	2.5g
Fat	9.3g
of which saturated	5.1g
Salt	0.5g

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites, Tree Nuts

Cook
within 3
Days