



UCCOOK

Baked Feta Gnocchi

with blistered baby tomatoes & fresh basil

Once you taste this dish, you'll understand why baked feta pasta was a TikTok sensation in 2021. But we've kicked it up a notch in this one! Made with pillowy potato gnocchi, this hearty dish offers blistered baby tomatoes, golden baked feta, toasted seeds & fresh basil.

Hands-on Time: 10 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Ella Nasser

 Veggie

 Waterkloof | Peacock Merlot

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Ingredients & Prep

80g	Baby Tomatoes <i>rinsed</i>
1	Onion <i>½ peeled & roughly diced</i>
1	Garlic Clove <i>peeled & grated</i>
5ml	Dried Oregano
5ml	Dried Chilli Flakes
100g	Traditional Feta Block <i>drained & halved, setting aside ½ for another meal</i>
175g	Potato Gnocchi
10g	Pumpkin & Sunflower Seed Mix
20g	Salad Leaves <i>rinsed & roughly shredded</i>
50g	Cucumber <i>rinsed & roughly diced</i>
3g	Fresh Basil <i>rinsed, picked & roughly sliced</i>

From Your Kitchen

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

1. CENTRE OF ATTENTION Preheat the oven to 200°C. In an ovenproof dish, combine the rinsed baby tomatoes, the diced onion, the grated garlic, the oregano, the chilli flakes (to taste), seasoning, and a drizzle of oil. Spread out in a single layer and place the drained feta in the centre. Drizzle the feta with oil and bake in the hot oven until the tomatoes have slightly burst and the feta is golden, 20-25 minutes.

2. GET THE GNOCCHI GOING Boil the kettle. Place a pot for the gnocchi over high heat. Fill with boiling water and add a pinch of salt. Cook the gnocchi until they begin to float and are heated through, 1-2 minutes. Drain, reserving a cup of gnocchi water, and return to the pot. Toss through a drizzle of olive oil.

3. TOASTY SEEDS & SALAD Place the seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside. In a salad bowl, toss the shredded salad leaves, the diced cucumber, and the toasted seeds with a drizzle of olive oil and seasoning.

4. M*A*S*H AND MIX Once the feta and tomatoes are done, mash with a fork or potato masher. Add to the pot with the drained gnocchi, and mix until fully combined. Add the reserved gnocchi water if you would like a saucier consistency and season.

5. DOESN'T GET FETA THAN THIS Bowl up the feta gnocchi and sprinkle over the sliced basil. Side with the fresh salad. Great work, Chef!



Chef's Tip

Cooking gnocchi in salted water allows it to absorb the salt, enhancing its flavour. This is because the salt is dispersed throughout the dish and not just on the surface of the gnocchi.

Nutritional Information

Per 100g

Energy	540kj
Energy	129kcal
Protein	4.9g
Carbs	9g
of which sugars	1.7g
Fibre	3g
Fat	7.9g
of which saturated	4.6g
Sodium	293mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat

Cook
within 3
Days