



UCOOK

Exotic Mushroom Gnocchi

with a salad, burnt sage butter & pecans

Tender on the inside and crisp on the outside, this potato gnocchi is steeped in a decadently creamy mushroom and hard cheese sauce, topped with buttery sage, and served with a leafy tomato side salad. A dinner to remember!

Hands-On Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Alex Levett

 Vegetarian

 Warwick Wine Estate | First Lady Pinotage

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

10g	Pecan Nuts
20ml	Salad Dressing <i>(15ml Willow Creek Cabernet Sauvignon Balsamic Vinegar & 5ml Honey)</i>
80g	Baby Tomatoes <i>rinsed & quartered</i>
8g	Fresh Sage <i>rinsed, picked & dried</i>
125g	Exotic Mushrooms <i>wiped clean & roughly sliced</i>
175g	Potato Gnocchi
1	Onion <i>½ peeled & finely diced</i>
1	Garlic Clove <i>peeled & grated</i>
50ml	Fresh Cream
25ml	Grated Italian-style Hard Cheese
20g	Green Leaves <i>rinsed</i>

From Your Kitchen

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

1. GET GOING Place the pecan nuts in a pan over a medium heat. Toast for 3-5 minutes until lightly browned, shifting occasionally. Remove from the pan, set aside to cool and roughly chop. In a salad bowl, whisk together the dressing and 10ml of olive oil. Toss through the quartered baby tomatoes, season to taste, and set aside.

2. CRISPY SAGE BUTTER Return the pan to a medium-high heat with a drizzle of oil and a generous knob of butter. Once foaming, fry the sage leaves for about 1 minute per side until crispy. (Use tongs if you have them!) Remove from the pan and drain on paper towel. Pour the sage butter into a small bowl and set aside for serving.

3. CARAMELISE THE MUSHIES Return the pan to the heat with another drizzle of oil if necessary. When the pan is hot, fry the sliced mushrooms for 5-6 minutes until golden and crisping up, shifting as they colour. Remove from the pan, season, and set aside.

4. THINGS ARE HEATING UP! Boil the kettle. Place a pot over a high heat, fill with boiling water, and add a pinch of salt. Once bubbling, cook the gnocchi for 2-3 minutes until they begin to float and are heated through. Drain on completion, reserving ½ a cup of the water. Return the pan to a medium-high heat with another drizzle of oil and a knob of butter. When hot, fry the gnocchi in a single layer for 2-4 minutes until crisp and golden, shifting as they colour. Remove from the pan and set aside.

5. CREAMY SAUCE Return the pan to a medium heat with another drizzle of oil if necessary. When hot, sauté the diced onion for 3-4 minutes until soft. Add in the grated garlic and sauté for a minute. Lower the heat and stir in the cream, ½ of the grated Italian cheese, 30ml of milk or milk alternative, and seasoning. Simmer for 2-3 minutes until thickened, stirring occasionally. Mix in the gnocchi and mushrooms, and cook for 1-2 minutes until coated and reheated. If the sauce is too thick, loosen with the reserved gnocchi water. Remove from the heat on completion. Toss the rinsed green leaves through the bowl of tomatoes.

6. YOU'RE IN FOR A TREAT! Dish up the decadent gnocchi, pour over the sage butter to taste, and top with the sage leaves. Side with the salad, sprinkle it all with the pecan nuts and the remaining cheese. Scrumptious!



Chef's Tip

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

Nutritional Information

Per 100g

Energy	616kJ
Energy	147Kcal
Protein	4.3g
Carbs	15g
of which sugars	3.5g
Fibre	5.3g
Fat	8.8g
of which saturated	3.9g
Sodium	115mg

Allergens

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

Cook
within 3
Days