



UCOOK

Mexi Gnocchi Beef Bake

with stuffed jalapeños & avocado

Italy meets Mexico to create a spicy, gnocchi-your-socks-off pasta dish, Chef! The first flavour layer is a taco spice-infused mince & black beans medley, coated in a rich tomato sauce. Then comes golden potato gnocchi, followed by panko crumb-coated jalapeño tubes stuffed with cheesy goodness.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Gina Kamps

Adventurous Foodie

KWV - The Mentors | KWV The Mentors
Chenin Blanc 2021

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Ingredients & Prep

1	Onion <i>peel & roughly dice ½</i>
150g	Free-range Beef Mince
15ml	Taco Spice <i>(5ml Old Stone Mill Mexican Spice & 10ml NOMU Cajun Rub)</i>
100g	Cooked Chopped Tomato
125g	Potato Gnocchi
60g	Black Beans <i>drain & rinse</i>
30ml	Sour Cream
50g	Cheddar Cheese <i>grate</i>
60g	Whole Pickled Jalapeños <i>drain</i>
20ml	Cornflour
50ml	Panko Breadcrumbs
1	Avocado

From Your Kitchen

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

1. MINCE Preheat the oven to 220°C. Place a pan over medium-high heat with a drizzle of oil. When hot, fry the diced onions until soft, 3-4 minutes. Add the mince and work quickly to break it up as it starts to cook. Fry until browned, 3-4 minutes (shifting occasionally).

2. SAUCE Add the taco spice (to taste) to the pan and fry until fragrant, 1-2 minutes. Mix in the cooked chopped tomato and 100ml of water. Simmer until slightly thickening, 6-8 minutes. Remove from the heat, mix in the potato gnocchi, the rinsed beans, a sweetener (to taste), and season. Transfer the mixture to an ovenproof dish.

3. PREPARING THE STUFFING In a bowl, combine the sour cream, ¼ of the grated cheese, and seasoning. Add the sour cream mixture into the jalapeños tubes. In a shallow dish, whisk 1 egg with 1 tsp of water. Prepare two more shallow dishes, one containing the cornflour (lightly seasoned) and the other containing the breadcrumbs. Lightly coat the jalapeño in the cornflour, then the egg mixture, and lastly in the breadcrumbs. Dust off any excess in between coatings.

4. ALMOST THERE To the ovenproof dish, sprinkle over the remaining cheese, and top with the stuffed jalapeños. Lightly coat the jalapeños with some oil. Pop in the oven and bake until the cheese is melted and the jalapeños are lightly golden, 10-12 minutes.

5. AVO Halve the avocado and set aside half for another meal. Peel the skin off, keeping the flesh intact. Thinly slice the avocado.

6. TIME TO EAT Dish up the loaded gnocchi and top with the avocado slices. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	620kJ
Energy	148kcal
Protein	6.1g
Carbs	11g
of which sugars	2.8g
Fibre	3g
Fat	9g
of which saturated	3.5g
Sodium	214mg

Allergens

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

Eat
Within
3 Days