



U C O O K

— COOKING MADE EASY

Green Goddess Gnocchi

with edamame beans, Italian-style hard cheese & basil pesto

Emerald green and fit for a queen! Scrumptious spinach gnocchi, crisped in butter and steeped in a decadent sauce of pesto, garlic, lemon zest, cream, and edamame beans. Finished with grated hard cheese and fresh green leaves.

Hands-On Time: 10 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Tess Witney

 **Vegetarian**

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Ingredients & Prep

175g	Spinach Gnocchi
2	Garlic Cloves <i>peeled & grated</i>
30ml	White Wine
100ml	Fresh Cream
15ml	Pesto Princess Basil Pesto
1	Lemon <i>one half zested & cut into wedges</i>
40g	Peas
50g	Edamame Beans
20g	Green Leaves <i>rinsed</i>
30ml	Grated Italian-Style Hard Cheese

From Your Kitchen

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

1. BOIL THE GNOCCHI Boil the kettle. Place a pot over a high heat, fill with boiling water, and add a pinch of salt. Once boiling rapidly, pop in the gnocchi and cook for 2-3 minutes until they begin to float and are heated through. Drain on completion.

2. NOW, GET IT CRISPY! Place a pan over a medium-high heat with a generous knob of butter. When beginning 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.

3. GREEN GODDESS SAUCE Return the pan to a medium-high heat and add drizzle of oil or another knob of butter if necessary. When hot, fry the grated garlic for about a minute until fragrant, shifting constantly. Stir in the white wine and simmer for a minute until the liquid has reduced by half. Mix in the cream, the basil pesto, and some lemon juice and zest to taste. Once combined, allow to simmer for 3-4 minutes until slightly reduced and thickened.

4. FINAL TOUCHES Once the sauce has reduced, stir in the peas and edamame beans and heat through for about a minute. Gently toss the fried gnocchi through the sauce until reheated and coated. Season to taste and remove the pan from the heat. Toss a drizzle of oil through the rinsed green leaves and season to taste.

5. A BOWL OF DIVINE GOODNESS Scoop up a generous helping of the rich green goddess gnocchi. Cover in the grated hard cheese and garnish with any remaining lemon zest to taste. Serve with the dressed green leaves on the side. Bellissimo!

Nutritional Information

Per 100g

Energy	677kJ
Energy	162Kcal
Protein	4.9g
Carbs	17g
of which sugars	3.5g
Fibre	3.8g
Fat	8.9g
of which saturated	4.6g
Sodium	180mg

Allergens

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

Cook
within 3
Days