



# UCOOK

## Carefree Caprese Gnocchi

with pine nuts & homemade garlic bread

Butternut gnocchi. A medley of baby tomatoes. Oozy bocconcini balls. Fresh basil. Pine nuts. Balsamic reduction. Homemade tomato sauce. Toasty garlic bread. Need we say more?

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**Hands-On Time:** 20 minutes

**Overall Time:** 45 minutes

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**Serves:** 1 Person

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**Chef:** Thea Richter

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 Vegetarian

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 Fat Bastard | Rosé

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## Ingredients & Prep

175g	Butternut Gnocchi
10g	Pine Nuts
1	Onion <i>½ peeled &amp; roughly diced</i>
2	Garlic Cloves <i>peeled &amp; grated</i>
100g	Cooked Chopped Tomato
1	Schoon Baguette <i>½ halved</i>
80g	Baby Tomato Medley
3	Bocconcini Balls
10ml	Balsamic Reduction
5g	Fresh Basil <i>rinsed &amp; picked</i>

## From Your Kitchen

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

**1. BUBBLING AWAY** Preheat the oven to 200°C. Boil the kettle. Remove a knob of butter from the fridge and leave it to come to room temperature. Place a pot for the gnocchi over a high heat. Fill with boiling water, add a pinch of salt, and bring back up to a boil. Once boiling, cook the gnocchi for 2-3 minutes until they begin to float and are heated through. Drain on completion, reserving a cup of pasta water, and toss through some oil to prevent sticking.

**2. TOAST TIME** Place the pine nuts in a pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion.

**3. LET'S GET SAUCY** Return the pan to a medium-high heat with a drizzle of oil. When hot, add the diced onion and fry for 3-4 minutes until soft and translucent, shifting constantly. Add ½ the grated garlic and fry for about 1 minute, until fragrant, shifting constantly. Add the cooked chopped tomato and 50ml of water. Reduce the heat and leave to simmer for 3-4 minutes until slightly reduced and thickened.

**4. TASTY GARLIC BREAD** In a small bowl, combine the remaining garlic with the softened butter and some seasoning. Place the baguette halves, cut-side up, on a roasting tray and butter the exposed side with the garlic butter. Place in the hot oven and bake for 3-4 minutes until starting to brown and warmed through.

**5. MELTED CHEESE MAGIC** Once the tomato sauce is done, season with salt, pepper and a sweetener of choice. Add the cooked gnocchi and toss until fully coated. Add some reserved pasta water if the sauce is too thick for your liking. Place in an ovenproof dish. Top with the baby tomatoes and ½ the bocconcini balls, gently pushing them in between the gnocchi. Place in the hot oven and bake for 6-8 minutes until the tomatoes are slightly softened and the cheese has melted.

**6. MOUTH WATERINGLY GOOD!** Top the gnocchi bake with the remaining fresh bocconcini balls. Drizzle over the balsamic reduction and sprinkle over the rinsed basil leaves, and the toasted pine nuts. Side with the garlic bread. Simple yet stunning!



## Chef's Tip

Make sure you use a large enough pot to boil the gnocchi so that they don't end up sticking together from overcrowding. You can boil them in batches if necessary.

## Nutritional Information

Per 100g

Energy	597kJ
Energy	143Kcal
Protein	5g
Carbs	25g
of which sugars	3.8g
Fibre	2.1g
Fat	2.5g
of which saturated	0.8g
Sodium	266mg

## Allergens

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

Cook  
within 2  
Days