



UCOOK

Butternut Gnocchi & Pesto

with beetroot & toasted pumpkin seeds

A loaded beetroot, green leaf & pesto salad is scattered with perfectly plump & toasted butternut gnocchi. Crumble over some Danish-style feta, and sprinkle it all with toasted pumpkin seeds & fresh basil, and you've got yourself a beaut!

Hands-on Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Kate Gomba

Veggie

Neil Ellis Wines | Neil Ellis Wild Flower Rosé
2023

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Ingredients & Prep

200g	Beetroot <i>rinse, trim, peel (optional) & cut into bite-sized pieces</i>
175g	Butternut Gnocchi
5g	Pumpkin Seeds
20ml	Pesto Princess Basil Pesto
20g	Green Leaves <i>rinse</i>
20g	Danish-style Feta <i>drain</i>
3g	Fresh Basil <i>rinse, pick & roughly tear</i>

From Your Kitchen

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

1. BOIL THE BEET Place the beetroot pieces in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain, season, and cover.

2. GO GNOCCHI Bring a pot of salted water to a boil for the gnocchi. Cook the gnocchi until they float to the surface, 2-3 minutes. Drain and toss through a drizzle of olive oil.

3. TOASTED SEEDS Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. GOLDEN GNOCCHI Return the pan to medium-high heat with a drizzle of oil and a knob of butter. When hot, fry the cooked gnocchi in a single layer until golden, 2-4 minutes (shifting as they colour). Remove from the pan and set aside.

5. BRIGHT SALAD In a salad bowl, combine the pesto with 20ml of olive oil and 10ml of warm water. Add the rinsed green leaves and the beetroot. Toss to combine.

6. THERE YOU GO! Plate up the loaded beetroot and leaves, scatter over the toasted gnocchi, and crumble over the drained feta. Sprinkle over the toasted pumpkin seeds and garnish with the torn basil. Great job, Chef!

Nutritional Information

Per 100g

Energy	498kJ
Energy	119kcal
Protein	0.6g
Carbs	15g
of which sugars	0.7g
Fibre	2.9g
Fat	4.3g
of which saturated	3.6g
Sodium	303mg

Allergens

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

Eat
Within
3 Days