UCOOK

Pesto Beef & Crispy Gnocchi

with caramelised onions

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Fan Faves: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Groote Post Winery | Groote Post Old Man's Blend Red Blend

Nutritional Info	Per 100g	Per Portion
Energy	443kJ	2637kJ
Energy	106kcal	631kcal
Protein	7.5g	44.5g
Carbs	7g	42g
of which sugars	1.9g	11.1g
Fibre	2.2g	13.1g
Fat	5g	29.8g
of which saturated	1.6g	9.3g
Sodium	126mg	749mg

Allergens: Egg, Gluten, Tree Nuts, Wheat, Cow's Milk, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
2	2	Onions *peel & roughly slice*
375g	500g	Potato Gnocchi
450g	600g	Beef Schnitzel (without crumb)
15ml	20ml	Dried Oregano
2	2	Tomatoes *rinse & roughly dice 1½ [2]*
60g	80g	Green Leaves *rinse*
125ml	160ml	Pesto Princess Basil Pesto

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Butter
Sugar/Sweetener/Honey

1. CARAMELISED ONION Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the onion until caramelised, 10-12 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste). Remove from the pan, season, and cover.

2. GNOCCHI Bring a pot of salted water to a boil for the gnocchi. Cook the gnocchi, 30-60 seconds. Drain immediately and toss through a drizzle of olive oil.

3. BEEF Return the pan to medium-high heat with a drizzle of oil and a knob of butter. Pat the schnitzel dry with paper towel, coat with the oregano and seasoning. Sear the schnitzel until browned, 30-60 seconds per side. Remove from the pan and cut into strips.

4. CRISPY GNOCCHI Return the pan to medium heat with a knob of butter. When starting to foam, add the gnocchi and fry in a single layer until
browned and crispy, 2-4 minutes (shifting occasionally).

5. JUST BEFORE SERVING In a bowl, combine the gnocchi, caramelised onion, tomato, green leaves, beef strips, pesto, and a generous drizzle of olive oil.

6. TIME TO EAT Bowl up the pesto beef and crispy gnocchi. Enjoy, Chef!