

QCOOK

Cacio e Pepe Bacon Gnocchi

with baby spinach & sunflower seeds

Hands-on Time: 30 minutes

Overall Time: 30 minutes

Fan Faves: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Groote Post Winery | Groote Post-Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	1180kj	4678kj
Energy	282kcal	1119kcal
Protein	11.4g	45.3g
Carbs	10g	38g
of which sugars	1.8g	7.2g
Fibre	3.3g	12.9g
Fat	22.3g	88.6g
of which saturated	10.3g	40.8g
Sodium	606mg	2402mg

Allergens: Sulphites, Egg, Gluten, Wheat, Cow's Milk

Spice Level: Hot

Eat Within 3 Days



Ingredients & Prep Actions:

Serves 3	[Serves 4]	
30g	40g	Sunflower Seeds
12	16	Streaky Pork Bacon
525g	700g	Potato Gnocchi
150ml	200ml	Fresh Cream
30ml	40ml	Crushed Black Peppercorns
150g	200g	Cheddar Cheese <i>grate</i>
60g	80g	Green Leaves <i>rinse</i>
30ml	40ml	Lemon Juice

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter

1. TIME TO TOAST Boil the kettle. Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

2. MAKIN' THE BACON Return the pan to medium-high heat. Fry the bacon strips until browned and crispy, 1-2 minutes per side. Remove from the pan and drain on paper towel. Roughly slice.

3. CRISPY GNOCCHI Return the pan to medium heat with a drizzle of oil and a knob of butter. When starting to foam, add the gnocchi and fry in a single layer until browned and crispy, 4-6 minutes (shifting occasionally).

4. WHEN THE GNOCCHI IS DONE... Place a pot over medium heat. Add the cream, black peppercorns (to taste), and the cheese. Once starting to bubble, vigorously stir until the cheese is melted. If the sauce is too thick, loosen with boiling water in increments until silky and smooth. Add the crispy gnocchi, ½ the bacon, and the spinach. Toss until fully combined and the spinach is wilted, 2-3 minutes. Loosen with more water if necessary. Season to taste.

5. DINNER IS READY Bowl up the creamy gnocchi. Sprinkle over the remaining bacon and drizzle over the lemon juice. Garnish with a scatter of the sunflower seeds. Buon appetito, Chef!

Chef's Tip Spreading the gnocchi in a single layer helps prevent it from steaming instead of crisping.