

UCCOOK

Crispy Gnocchi & Beef Biltong Bowl

with fresh tomato, Danish-style feta & pumpkin seeds

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Jenna Peoples

Wine Pairing: Stettyn Wines | Stettyn Family Range Merlot

Nutritional Info

	Per 100g	Per Portion
Energy	617.5kJ	2756.6kJ
Energy	147.8kcal	659.8kcal
Protein	12.2g	54.7g
Carbs	9g	40.1g
of which sugars	2.9g	12.7g
Fibre	3g	13.2g
Fat	6.3g	27.9g
of which saturated	2.3g	10.1g
Sodium	503.8mg	2249mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
375g	500g	Potato Gnocchi
15ml	20ml	NOMU One For All Rub
120g	160g	Peas
60g	80g	Pickled Onions <i>drain & slice</i>
8g	10g	Fresh Parsley <i>rinse & roughly chop</i>
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
3	4	Tomatoes <i>rinse & roughly dice</i>
225g	300g	Beef Biltong <i>roughly chop</i>
90ml	125ml	Honey Mustard Dressing
60g	80g	Danish-style Feta <i>drain</i>
15g	20g	Pumpkin Seeds

From Your Kitchen

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

1. PLUMP PILLOWS Boil a full kettle. Place a pot for the gnocchi over high heat. Fill with boiling water and add a pinch of salt. Once boiling, cook the gnocchi until they float and are heated through, 1-2 minutes. Drain and toss through a drizzle of olive oil. Place a pan over medium heat with a knob of butter. When starting to foam, add the gnocchi and the NOMU rub, and fry in a single layer until browned and crispy, 2-4 minutes (shifting occasionally).

2. SPREAD HAP-PEA-NESS Submerge the peas in boiling water until plumped up and heated through, 2-3 minutes. Drain and set aside.

3. GOTTA GETTA VINAIGRETTE In a small bowl, combine the onion (to taste), ½ the parsley, a drizzle of olive oil, a sweetener, and seasoning. Set aside.

4. WHAT LEFTOVERS? Make a bed of the green leaves. Scatter over the tomato, the biltong, the crispy gnocchi, the pickled onion and the peas. Drizzle over the dressing and top with the feta. Sprinkle over the pumpkin seeds, and garnish with the remaining parsley. Enjoy, Chef!

Chef's Tip 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.