



UCOOK

Saucy Bacon Gnocchi

with spinach & pumpkin seeds

Don't miss out on this extraordinary meal! Tantalising tomato-based ragù – thick, silky, and packed with bacon – surrounds crisp butternut gnocchi. Sprinkled with Italian-style cheese and popping with seeds.

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Megan Bure

Fan Faves

Muratie Wine Estate | Muratie Laurens
Campher White Blend 2021

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Ingredients & Prep

10g	Pumpkin Seeds
175g	Butternut Gnocchi
1	Onion <i>peel & finely dice ½</i>
120g	Carrot <i>rinse, trim & roughly chop</i>
1	Garlic Clove <i>peel & grate</i>
200g	Cooked Chopped Tomato
3 strips	Streaky Pork Bacon
20g	Spinach <i>rinse</i>
30ml	Grated Italian-style Hard Cheese
3g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. OPENING ACT Boil the kettle. Place the pumpkin seeds in a pan over medium heat. Toast until browned, 3-5 minutes (shifting occasionally). Set aside to cool. Fill a pot with boiling water, add a pinch of salt, and place over a high heat. Once bubbling, cook the gnocchi until they float to the surface, 1-2 minutes. Drain, reserving the pasta water, and toss through a drizzle of olive oil.

2. NEXT UP Return the pan to medium heat with a drizzle of oil. When hot, fry the diced onion until soft, 3-4 minutes (shifting occasionally). Add the chopped carrot and a splash of water. Simmer until the carrot is al dente and the water has been absorbed, 3-4 minutes. In the final minute, add the grated garlic and sauté until fragrant, 1-2 minutes. Mix in the cooked chopped tomato and 100ml of water. Bring to the boil. Reduce the heat and simmer for 8-10 minutes, (stirring occasionally).

3. MEANWHILE... Place a second pan over medium heat. When hot, fry the bacon until cooked but not too crispy, 2 minutes per side. Set aside to drain on paper towel. Return the pan, wiped down, to medium heat with a knob of butter and a small drizzle of oil. Once foaming, fry the gnocchi in a single layer until crispy, 4-5 minutes, shifting as they colour. Remove the pan from the heat. Roughly chop the bacon.

4. FINALE! Once the sauce has simmered, remove from the heat. Stir in the rinsed spinach, ¾ of the bacon and the fried gnocchi. If the sauce is too thick, gradually mix in the reserved gnocchi water until the desired consistency. Add a sweetener (to taste), and seasoning. Remove from the heat.

5. THE TASTE OF A WARM SUNSET Help yourself to bacon ragù gnocchi. Sprinkle over the grated cheese and the remaining bacon. Garnish with the toasted seeds and chopped parsley. Magnificent!



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	382kj
Energy	91kcal
Protein	3.6g
Carbs	13g
of which sugars	3g
Fibre	2.1g
Fat	2.5g
of which saturated	0.8g
Sodium	228mg

Allergens

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

Eat
Within
3 Days