

UCCOOK

Italian Exotic Mushroom Gnocchi

with a burnt sage butter & toasted pecans

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Flight Centre

Wine Pairing: Delheim Wines | Delheim Chenin Blanc
(Wild Ferment)

Nutritional Info

	Per 100g	Per Portion
Energy	488kJ	2418kJ
Energy	117kcal	578kcal
Protein	3.1g	15.3g
Carbs	10g	50g
of which sugars	2.2g	11.1g
Fibre	2.9g	14.4g
Fat	7.1g	35.3g
of which saturated	3.5g	17.2g
Sodium	102mg	503mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
10g	20g	Pecan Nuts <i>roughly chop</i>
5g	10g	Fresh Sage <i>rinse, pick & dry</i>
125g	250g	Mixed Exotic Mushrooms <i>wipe clean & roughly slice</i>
125g	250g	Potato Gnocchi
1	1	Onion <i>peel & roughly dice ½ [1]</i>
1	2	Garlic Clove/s <i>peel & grate</i>
50ml	100ml	Fresh Cream
20ml	40ml	Grated Italian-style Hard Cheese
15ml	30ml	Lemon Juice

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Butter
Milk (optional)
Seasoning (salt & pepper)

1. PERFECT PECANS Place the pecans in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

2. CRISPY SAGE BUTTER Return the pan to medium-high heat with a drizzle of oil and a generous knob of butter. Once foaming, fry the sage leaves until crispy, about 1 minute per side (Use tongs if you have them!) Remove from the heat. Pour the sage butter and sage leaves into a small bowl. Cover and set aside.

3. CARAMELISE THE MUSHIES Return the pan to medium-high heat with a drizzle of oil. When hot, fry the mushrooms until golden, 5-6 minutes (shifting as they colour). Remove from the pan, season, and set aside.

4. POTATO GNOCCHI Boil the kettle. Place a pot over high heat, fill with boiling water, and add a pinch of salt. Once bubbling, cook the gnocchi until they begin to float and are heated through, 1-2 minutes. Drain, reserving ½ cup of the gnocchi water.

5. GOLDEN NUGGETS 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.

6. CREAMY SAUCE Return the pan to medium heat with a drizzle of oil. When hot, fry the onion until soft, 4-5 minutes (shifting occasionally). Add the garlic and fry until fragrant, 1-2 minutes (shifting constantly). Lower the heat slightly and stir in the cream, ½ the cheese, 30ml [60ml] of milk (optional) or water, the lemon juice (to taste), and seasoning. Simmer until slightly thickened, 2-3 minutes (stirring occasionally). Mix in the fried gnocchi and the mushrooms. Cook until reheated, 1-2 minutes. If the sauce is too thick, loosen with the reserved gnocchi water.

7. YOU'RE IN FOR A TREAT! Dish up the mushroom gnocchi. Pour over the sage butter and sage leaves (to taste). Sprinkle over the toasted pecans and the remaining cheese. Scrumptious!