

UCCOOK

Butternut Gnocchi & Pesto

with beetroot & toasted pumpkin seeds

Hands-on Time: 15 minutes

Overall Time: 30 minutes

Veggie: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Zevenwacht | The Tin Mine White

Nutritional Info	Per 100g	Per Portion
Energy	498kJ	2159kJ
Energy	117kcal	516kcal
Protein	3.6g	15.7g
Carbs	16g	69g
of which sugars	0.7g	3.3g
Fibre	2.9g	12.8g
Fat	4g	17.6g
of which saturated	1.3g	5.8g
Sodium	300mg	1327mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Beetroot <i>rinse, trim, peel (optional) & cut into bite-sized pieces</i>
175g	350g	Butternut Gnocchi
5g	10g	Pumpkin Seeds
20ml	40ml	Pesto Princess Basil Pesto
20g	40g	Green Leaves <i>rinse</i>
20g	40g	Danish-style Feta <i>drain</i>
3g	5g	Fresh Basil <i>rinse, pick & roughly tear</i>

From Your Kitchen

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

1. BOIL THE BEET Place the beetroot pieces in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain, season, and cover.

2. GO GNOCCHI Bring a pot of salted water to a boil for the gnocchi. Cook the gnocchi until they float to the surface, 2-3 minutes. Drain and toss through a drizzle of olive oil.

3. TOASTED SEEDS 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.

4. GOLDEN GNOCCHI Return the pan to medium-high heat with a drizzle of oil and a knob of butter. When hot, fry the gnocchi in a single layer until golden, 2-4 minutes (shifting as they colour). Remove from the pan and set aside.

5. BRIGHT SALAD In a salad bowl, combine the pesto with 20ml [40ml] of olive oil and 10ml [20ml] of warm water. Add the green leaves and the beetroot. Toss to combine.

6. THERE YOU GO! Plate up the loaded beetroot and leaves, scatter over the toasted gnocchi, and crumble over the feta. Sprinkle over the pumpkin seeds and garnish with the basil. Great job, Chef!