



MasterChef
AUSTRALIA

Official MasterChef Recipe 

Prawns and Gnocchi

Ingredients

250g ricotta
Olive oil
10g butter, plus 40g for burnt butter
A½ onion, finely diced
300g spinach, stalks picked, chopped
50g parmesan cheese, grated
Nutmeg
2 eggs, lightly whisked
60-70g flour
6 prawns, peeled, deveined
6 sage leaves



Method officially tested

1. Place a sieve over a bowl, spoon the ricotta into the sieve and using the spoon, press the ricotta to thoroughly drain all the liquid.
2. Place a frying pan over a medium heat, drizzle with oil and add the butter, sauté the onion for 1-2 minutes then add the spinach, toss to wilt. Place in a sieve and press all the liquid from the spinach. It must be well drained. Place in a food processor to chop.
3. Add the parmesan to the bowl of ricotta, grate a pinch of nutmeg, add the eggs and spinach, season with salt, fold in the flour, set aside in the fridge.
4. Dust hands with flour, roll individual gnocchi about 2cm long, lightly dust the gnocchi with flour also.
5. Bring a saucepan of salted water to the boil and reduce to a simmer, drop the gnocchi into the water, blanch for 2-3 minutes, they should rise to the top when cooked, drain on paper towel.
6. Heat another frying pan over medium heat, drizzle with oil, cook the prawns, take out of the pan and set aside, add the remaining butter to the pan, when foaming add the sage leaves, swirl the pan and allow the butter to brown and the leaves to crisp.
7. Return the prawns back to the pan and coat with the butter.
8. To serve, arrange the gnocchi in the centre of the plate, spoon over the prawns and burnt butter and arrange the sage leaves.