

OVERALL time: 75 mins

LAMB RAGÚ GNOCCHI

Give your loved ones the comfort and flavour that they crave with this incredible Lamb Ragu Gnocchi, elevated with our Southern-style **Louisiana Cajun Seasoning!**

Metric

Number of servings : 4

ingredients

Main

- 1 Large onion, finely diced
- 1 Stalk celery, finely diced
- 1 Medium carrot, peeled and finely diced
- 125 g Streaky bacon or pancetta, diced
- 4 Cloves of garlic, minced
- 70 g Tomato paste
- 500 g Lamb mince
- 4 Sprigs of rosemary, leaves picked off stems
- 30 ml **Cape Herb and Spice Louisiana Cajun Rub**
- 250 ml Dry white wine (dealcoholised wine or stock)
- 250 ml Chicken stock
- 400 g Tin crushed Italian tomatoes
- 500 g Potato gnocchi
- Olive oil, for cooking
- To taste, **Cape Herb and Spice Louisiana Cajun Rub**
- Parmesan cheese, for serving

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 15 mins | COOKING TIME: 60 mins

Heat a drizzle of olive oil in a large Dutch oven / buffet casserole style pot.

(You want it large enough to cook your sauce and add the gnocchi to the pot at the end)

Add the onion, celery and carrot.

Season with about half a tablespoon of the Cape Herb Spice Louisiana Cajun Rub.

Cook until the vegetables are very tender and just beginning to brown.

Add the bacon and cook for a few minutes.

Add the garlic and tomato paste and cook until fragrant.

Add the lamb mince and rosemary.

Season everything with the remaining Cape Herb Spice Louisiana Cajun Rub.

Sauté, tossing to coat the lamb completely in the vegetable mixture.

Pour in the white wine, stock and tomato.

Bring to a gentle simmer.

Simmer until the sauce thickens and the flavour builds, about 30 minutes.

Give the sauce a stir every 10 minutes or so, splashing in a little more chicken stock or wine as needed.

When sufficiently thickened, flavourful and still a little saucy taste to adjust seasoning.

Meanwhile, cook gnocchi in boiling, salted water according to the package instructions.

Drain using a slotted spoon and add straight to the pan of ragù.

Toss with the ragù coating every piece of gnocchi well and allowing it to absorb some of the sauce.

Divide heaping spoonfuls among bowls and top with a generous shower of parmesan.

Serve right away and enjoy!

Recipe concept, photography and video by Bianca Davies: @beeblegum on Instagram | <http://thesecretlifeofbee.co.za/>

<https://capeherb.co.za>

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