



### Product Spotlight: Silverbeet


Silverbeet is very high in vitamins A, K, and C, and antioxidants. It is also a great source of folate and fibre.



## 12 Chickpea Dumplings in Curried Tomato Sauce

Chickpea flour gives these dumplings a lovely nutty flavour, combined with coriander and cooked in an Indian-style tomato sauce.

 30 minutes

 2 servings

 Plant-Based

17 June 2022

### Spice it up!

*You can add something to this recipe that makes it more exciting if you're an adventurous foodie or you want to add a little more excitement to your cooking!*

Per serve: **PROTEIN** 21g **TOTAL FAT** 23g **CARBOHYDRATES** 70g

## FROM YOUR BOX

BROWN ONION	1
TOMATOES	2
TOMATO PASTE	1 sachet
SILVERBEET	1 bunch
CORIANDER	1 packet (20g)
LEMON	1
DUMPLING MIX *	1 packet
LEBANESE CUCUMBER	1
COCONUT YOGHURT	1 tub (125g)

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, curry powder, stock cube (of choice)

## KEY UTENSILS

large frypan

## NOTES

All curry powders vary in their heat, so use yours to taste. If the pan looks a little dry add some extra oil so as not to burn the curry powder.

\**Dumpling mix: chickpea flour, wheat free corn flour, baking powder*



### 1. SAUTÉ THE ONION

Heat a large frypan over medium-high heat with **oil**. Slice and add onion, cook for 4-5 minutes. Add **1 tbsp curry powder** and cook for a further minute (see notes).



### 2. ADD THE VEGETABLES

Dice tomatoes and add to pan along with tomato paste, **2 cups water** and **crumbled stock cube**. Slice and add silverbeet. Cover and simmer for 5 minutes.



### 3. MAKE THE DUMPLINGS

Chop coriander (keep half for garnish) and zest lemon to yield 2 tsp. Add into a bowl with dumpling mix, **1 tbsp olive oil** and **1/2 cup water**. Mix well.



### 4. ADD THE DUMPLINGS

Using a dessert spoon, add spoonfuls of dumpling mixture into tomato mix (you should get approximately 6). Cover and cook for 10-15 minutes or until dumplings are firm to touch.



### 5. MAKE THE RAITA

Halve and deseed (optional) cucumber. Dice and add to a bowl with yoghurt, juice from 1/2 lemon, **salt and pepper**. Mix well.



### 6. FINISH AND SERVE

Wedge remaining lemon.

Serve dumplings and sauce in bowls. Top with raita and a lemon wedge. Sprinkle with remaining coriander.

**How did the cooking go?** We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

