

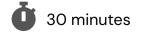


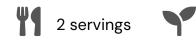


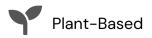
# Chickpea Dumplings

# in Curried Tomato Sauce

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







# Spice it up!

Serve this dish with crispy curry leaves, slices of green chilli or your favourite chilli sauce.

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES

25g

13g

77g

#### **FROM YOUR BOX**

BROWN ONION	1
TOMATOES	2
TOMATO PASTE	1 sachet
SILVERBEET	1 bunch
CORIANDER	1 packet
LEMON	1
CHICKPEA DUMPLING MIX	150g
LEBANESE CUCUMBER	1
COCONUT YOGHURT	1 tub

#### 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.

Chickpea dumpling mix: chickpea flour, gf cornflour and gf 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 to 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**.

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