



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.



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.*



30 minutes



2 servings



Plant-Based

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	19g	9g	59g

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.



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1. SAUTÉ THE ONION

Heat a large frypan over medium-high heat with **oil**. Slice and add **onion**, cook for 4-5 minutes. Add **3-4 tsp 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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