

**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.



30 minutes



4/6 servings



Plant-Based

### 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 |
|-------------|---------|-----------|---------------|
| 4/6 Person: | 17g     | 7g        | 51g           |

## FROM YOUR BOX

|                       | 4 PERSON | 6 PERSON    |
|-----------------------|----------|-------------|
| BROWN ONION           | 1        | 1           |
| CHERRY TOMATOES       | 2 x 200g | 3 x 200g    |
| TOMATO PASTE          | 1 sachet | 2 sachets   |
| SILVERBEET            | 1 bunch  | 1 bunch     |
| CORIANDER             | 1 packet | 2 packets   |
| LEMON                 | 1        | 2           |
| CHICKPEA DUMPLING MIX | 300g     | 300g + 150g |
| LEBANESE CUCUMBERS    | 2        | 3           |
| COCONUT YOGHURT       | 1 tub    | 2 tubs      |

## 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 **1 tbsp curry powder** and cook for a further minute (see notes).



### 4. ADD THE DUMPLINGS

Using a dessert spoon, add spoonfuls of **dumpling mixture** into tomato mix (you should get approximately 12). Cover and cook for 10-15 minutes or until dumplings are firm to touch.

**6P – make 18 dumplings (make larger ones if not enough room).**



### 2. ADD THE VEGETABLES

Halve **cherry tomatoes** and add to pan along with **tomato paste**, **3 cups water** and **crumbled stock cube**. Slice and add **silverbeet**. Cover and simmer for 5 minutes.

**6P – use 4 cups water.**



### 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.

**6P – add juice from 1 lemon to yoghurt. You can use some cucumbers to scatter at the end if preferred.**



### 3. MAKE THE DUMPLINGS

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

**6P – use zest of 1 lemon 3 tbsp olive oil and 1 1/2 cups water.**



### 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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

