



# VEGGIE DUMPLINGS



## INGREDIENTS

MAKES 30

- 4 silverbeet leaves
- ¼ red cabbage
- 2 carrots
- ½ red onion
- 1 leek
- 2 garlic cloves
- 2 tbsp tamari
- 1 tbsp sesame oil
- 1 tbsp apple cider vinegar
- Gow gee wrappers
- olive oil for frying

## FROM THE GARDEN

- Silverbeet
- Red cabbage
- Carrots
- Red onion
- Leek

## EQUIPMENT

- Large frying pan
- Wooden spoon
- Chopping board
- Sharp knives
- Grater
- Wet tea towel

## INSTRUCTIONS

### For the filling:

1. Wash and prepare the silverbeet, cabbage, carrots, onion, garlic and leeks. Separate the silverbeet leaves and set aside. Grate all the veggies, using a grater. Roll the silverbeet leaves up and finely slice.
2. Heat a pan to medium heat.
3. Add all the veggies and fry off for 3 minutes or until just softened.
4. Stir in the tamari, vinegar and sesame oil and stir fry for a few more minutes.
5. Set aside to cool.

### For the assembling:

1. Place a wrapper on the bench and put 1 tsp of the veggie mix in one half of the wrapper, leaving the edge free. Brush the edges with a little water then fold the other half over and seal the edges down. You should have a crescent shaped dumpling.
2. Place on a wet tea towel, without them touching each other. Repeat using up all the mixture.

### For the cooking:

1. Heat the pan with some olive oil.
2. Place the dumplings in the pan and fry on one side for 2 minutes then fry the other side for 2 minutes or until golden and crispy.
3. Serve with tamari dipping sauce.