



# PAN FRIED DUMPLING SALAD

WITH DRY ROASTED PEANUTS

**DIFFICULTY:** Easy | **SERVES:** 4 | **READY IN:** 35 minutes

Ever wondered what to eat with potstickers to make them a full (and nourishing) meal? This easy pan fried dumpling salad with peanut soy dressing is the way to go!



## DRESSING

- 1/4 cup peanut butter (65g)
- 2 Tbsp soy sauce
- 2 Tbsp water
- 1 Tbsp honey
- 1 Tbsp lime juice
- 1/2 Tbsp peanut oil
- 1 tsp crushed ginger
- 1/2 tsp curry powder
- 1 large carrot
- 2 spring onions
- 2 handfuls fresh coriander
- 1 lime
- 100g sugar snap peas (3.5oz)
- 1/3 cup dry roasted peanuts (65g)

## SALAD

- 1/4 green cabbage
- 1/8 tsp salt
- 1 capsicum (any colour)
- 1 Tbsp peanut oil
- 600g frozen pork dumplings (1lb 5oz)

## DUMPLINGS

### 1. PREPARE DRESSING

Whisk together all dressing ingredients in a heatproof bowl, until mostly combined (it doesn't need to be smooth at this stage).

### 2. PREPARE SALAD

Finely shred cabbage and place in a large bowl with the salt. Toss to combine. Dice capsicum, finely dice carrot, finely slice spring onions and roughly chop coriander. Cut lime into wedges. Trim ends off sugar snap peas and cut peas in half. Place in a heatproof dish and microwave for 1 minute, until tender.

### 3. COOK DUMPLINGS

Drizzle oil into a large frying pan, then add the dumplings. Add water to one third of the height of the dumplings. Cover with a lid, turn heat to high and cook for 5 minutes, until water has evaporated. Uncover, reduce heat to low and cook for 3-5 more minutes, until dumplings are golden underneath and cooked through.

### 4. SERVE

Add capsicum, carrot, sugar snaps and half of the spring onions, coriander and peanuts to cabbage. Microwave dressing for 30 seconds, until warm, then whisk until smooth. Pour over the salad and toss to combine.

5. Stir through dumplings and season to taste with salt and pepper, if needed. Divide between individual serving bowls and top with remaining spring onions, coriander and peanuts. Serve with lime wedges.



**WINE MATCH:** An off-dry Riesling.

## **PAN FRIED DUMPLING SALAD RECIPE NOTES**

**GLUTEN-FREE OPTION:** Choose gluten-free soy sauce. Use gluten-free dumplings. Alternatively, you could swap the dumplings for gluten-free pork meatballs or chopped sausages (pan fry until cooked through) and add some cooked rice noodles.

**INGREDIENT SWAPS / NOTES:** For an extra burst of colour, you could use a combination of green and red cabbage. You can use regular roasted, salted peanuts. Feel free to use any dumpling flavour you like (try vegetarian ones for an easy vegetarian meal).

**STORING AND REHEATING:** Store individual portions in containers in the fridge and reheat in the microwave (it will be more like a stir fry than a salad). Coriander, lime and peanuts are best added after heating.