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Trio of Mini Dumplings, Served On a Bed of Red Cabbage

Preparation time: 30 min

Cooking time: 40 min

Total time: 1 h 10 min

Difficulty: medium

Portions: 4 People

For the basic dumpling mix

500 g stale bread rolls

2 tb soy flour

300 ml soy drink

2 pc onions, finely chopped

2 pc cloves of garlic, crushed

2 tb olive oil

1 ts grated nutmeg

1 ts salt

1 Knife tip(s) pepper

1 tb parsley, chopped

For the beetroot and cheese dumplings

200 g beetroot, peeled and boiled

200 g vegan alternative to parmesan

50 ml extra soy drink

For the spinach dumplings

200 g spinach, finely chopped

For the bed of red cabbage and rocket

250 g red cabbage

1 Handful handful rocket

30 g pine kernels

2 tb olive oil

1 tb balsamic vinegar

1.5 ts mustard

Some salt & pepper

For the basic dumpling mix

1. Heat oil in a pan. Sweat the onions until clear. Add the garlic and fry everything for two more minutes. Then take off the heat, season with salt, pepper and nutmeg, and leave to cool.

2. Roughly chop or blitz the stale bread rolls, and place in a large bowl. Stir 8-10 tbsp of the soy drink into the soy flour until you have a smooth paste. Pour the remaining soy drink into a saucepan, and heat it up. Take the saucepan off the heat, and mix the soy flour paste into the hot drink.

3. Pour the mixture over the pieces of bread, mix thoroughly, cover and leave to soak for 15 minutes. Divide the mixture up between 3 bowls.

For the three extra ingredients

1. Sweat the spinach in a pan, and then add it to the first bowl of dumpling mix.

2. Cut the alternative to bacon into cubes, sweat in a pan, and then add it to the second bowl of dumpling mix.

3. Add the beetroot and the alternative to cheese to the third bowl of dumpling mix.

For the bed of salad

1. Rinse the red cabbage and rocket, and chop finely.

2. Toast the pine kernels in a pan, then set aside.

3. Mix together the olive oil, balsamic vinegar, mustard and agave syrup, and season to taste with salt and pepper.

4. Mix all the salad components together and leave for at least 20 minutes for the dressing to infuse. Serve cold.

For the mini dumplings on the bed of salad

1. Knead the dumpling mix in each of the three bowls well, until each becomes homogeneous. Leave to stand for 5 minutes, and then divide each bowl of dough into

eight and shape into 8 mini dumplings. It works best if your hands are slightly wet.

2. Bring a large saucepan of water to the boil. Add salt, reduce the heat, and cook the dumplings for 15-20 minutes in the gently simmering water. Don’t allow the water to boil.

3. When the dumplings are ready, serve them on the bed of red cabbage and rocket, and sprinkle with parsley.