

Coconut curry dumplings

★★★★☆ 4.6 | 7 ratings



By Madeleine Dampier

The perfect dinner when you need something quick. I promise you it's one you'll be making on repeat because it is just that easy. It is the reason that you will always find some frozen dumplings stashed in my freezer!

Each serving provides 634 kcal, 6.9g protein, 37.3g carbohydrate (of which 5.9g sugars), 50g fat (of which 37.5g saturates), 2.9g fibre and 1.83g salt.

Ingredients

400g tin coconut milk
1 heaped tbsp curry paste (any type)
200ml/7fl oz hot water
1 tbsp liquid seasoning or soy sauce, plus extra if needed
pinch freshly ground

Method

1. Place the coconut milk and curry paste in a saucepan and mix well until fully incorporated. Add the hot water to loosen the broth, adding a splash more if needed for the desired consistency. Stir in the liquid seasoning, add the pepper and bring to a gentle simmer over a medium heat.
2. Add the dumplings to the broth and cook according to packet instructions, or until cooked through.

Prepare

Less than 30 mins

Cook

10 to 30 mins

Serve

Serves 2

Dietary

Dairy-free | Egg-free |
Pregnancy-friendly |
Vegetarian

black pepper

250g/9oz frozen Asian-style dumplings (any type)

handful fresh coriander, chopped, to garnish

chilli oil, to garnish

lime wedges, to serve (optional)

3. Taste the broth and adjust if needed with any extra liquid seasoning.
4. Serve the dumplings and broth in bowls, garnishing with the coriander and a good drizzle of chilli oil. If using, squeeze over the lime wedges.

Recipe tips

Mix and match with any dumplings of choice, such as vegetable, prawn or chicken.

Choose any curry paste, such as red, green or yellow, as they all work!

This meal can be bulked up with a side serving of freshly steamed rice and broccoli for a more filling dinner option.