

Veggie dumplings with broad beans, leak and escarole

COOKING
LOVERS 

Raciones para 1

20
All-purpose pastry to make pastries
1/2
Onion
100 g
Garlic sprouts
200 g
Broad beans
75 g
Escarole
100 g
Tofu
1 teaspoon
Kala namak - salt (black salt)
1 teaspoon
Sweet paprika
1 teaspoon
Cumin
1/2 teaspoon
Turmeric
1/4 teaspoon
Black pepper

Salt

- 1 Chop the onion and garlic sprouts. Fry them with olive oil while you blanch the broad beans
- 2 a minute.
- 3 Add the tofu to the fry pan and cook until brown. Add spices and drained vegetables. Cook for a
- 4 w more minutes.
- 5 Add escarole at the end, stir and, when it is tender enough, remove from fire.
- 6 Mash part of the mix and fill pieces of pastry with it, until the 20 of them are done.
- 7 Bake them at 180° C for 15-20 minutes until they are golden brown for both sides.

Chef's Notes

<https://cookinglovers.teka.com/en/receta/empanadillas-vegetales-de-habas-ajetes-y-escarola/>

