



Product Spotlight: Mughal Foods

Mughal Foods is Perth's only wholesale bakery specialising in a variety of Indian breads. They pride themselves on sourcing flour from Australian-grown wheat and do not use any preservatives or artificial additives.



Indian Potato Dumplings with Roti

This dish draws its inspiration from the Indian street food Vada Pav. This version has potato dumplings made using spiced chickpea flour, plenty of fresh veggies, yoghurt sauce and roti to wrap it all up!



30 minutes



4 servings



Vegetarian

3 February 2023

Spice it up!

This dish would be great with some relish or chutney. If you have some tomato chutney, kasundi, mango chutney or mint sauce hiding in the back of your fridge, bring it out and add to the platter!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	16g	21g	88g

FROM YOUR BOX

MEDIUM POTATOES	3
CARROTS	2
SPRING ONIONS	1 bunch
NATURAL YOGHURT	1 tub
TOMATOES	2
GREEN CHILLI	1
ROCKET LEAVES	1 bag (120g)
ROTI	1 packet
LITTLE BITES KIT	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

2 frypans, saucepan

NOTES

Boil kettle and use hot water from kettle to boil potatoes to speed up the cooking time.

No gluten option - roti are replaced with GF wraps. Add to the platter to serve.



1. BOIL THE POTATOES

Roughly dice potatoes. Add to a saucepan and cover with water (see notes). Bring to a boil and cook for 10 minutes until soft. Drain and roughly mash potatoes.



2. PREPARE THE VEGETABLES

Grate carrots and thinly slice spring onions (reserve some green tops for step 3). Add to a large bowl as you go.



3. PREPARE THE TOPPINGS

Mix yoghurt with reserved spring onion green tops. Thinly slice the tomatoes and chilli. Arrange on a platter along with rocket leaves.



4. WARM THE ROTI

Heat a frypan over medium-high heat. Add roti to dry pan and warm for 1 minute each side. Remove and wrap in a clean towel to keep warm.



5. MAKE THE DUMPLINGS

Add mashed potatoes and Little Bites Kit to bowl with prepared vegetables. Pour in **3/4 cup water**, season with **salt and pepper**. Mix until well combined. Heat a second frypan over medium-high heat with **oil**. Add 1/4 cupfuls of batter and cook, in batches, for 2-3 minutes each side or until golden.



6. FINISH AND SERVE

Add dumplings and roti to the platter and serve tableside.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**