KIKKOMAN

Vegetarian dumplings with sweet potatoes

Total time **37 mins** **30 mins** preparation time **7 mins** cooking time

Nutritional facts (per portion):
4,418 kJ / 1,056 kcal

Fat: **48 g** Protein: **26 g**
Carbohydrates: **131 g**

INGREDIENTS

2 portion(s)

Dumplings:

200 g	wheat flour
0.33 tsp	salt
1	egg yolk
15 g	melted butter
100 ml	hot water

Filling:

180 g	red onion
3 tbsp	rapeseed oil
2 tsp	honey
3 tbsp	Kikkoman Naturally Brewed Less Salt Soy Sauce
350 g	cooked and mashed sweet potatoes
100 g	feta cheese, crumbled
1	garlic clove, pressed
0.5 tsp	freshly ground black pepper
0.5 tsp	dried marjoram
0.5 tsp	dried thyme

Additionally:

20 g	walnuts

PREPARATION

Step 1

200 g wheat flour - **0.33 tsp** salt - **1** egg yolk - **15 g** melted butter - **100 ml** hot water
Place the flour in a bowl, add the salt, egg yolk, melted butter and hot water. Mix with a fork, then knead until the dough is smooth and elastic. Cover the bowl with a cloth and leave to rest while you prepare the filling.

Step 2

180 g red onion - **3 tbsp** rapeseed oil - **2 tsp** honey - **3 tbsp** Kikkoman Naturally Brewed Less Salt Soy Sauce - **350 g** cooked and mashed sweet potatoes - **100 g** feta cheese, crumbled - **1** garlic clove, pressed - **0.5 tsp** freshly ground black pepper - **0.5 tsp** dried marjoram - **0.5 tsp** dried thyme
Dice the onion and sauté it in the heated oil until translucent. Add the honey and 1½ tbsp of the Kikkoman Less Salt Soy Sauce and cook until the onion is caramelised. Add half of the mixture to the sweet potatoes, then add the feta, garlic, pepper, marjoram, thyme and the remaining 1½ tbsp of Kikkoman Less Salt Soy Sauce. Mix well.

Step 3

1 tsp salt
Roll out the dough and cut out circles using a glass. Place a spoonful of filling in the centre, fold the dough into a half-moon and pinch the edges to seal. Cook the dumplings in salted water for 4 minutes after they float to the surface.

Step 4

20 g walnuts
Toast the walnuts in a dry pan, let them cool, then

chop them. Serve the cooked dumplings topped with the reserved onion mixture from step 2 and sprinkle with the walnuts.