

# Potherbs & dumplings with red cabbage

(Serves 4)

## Ingredients

### For the Potherbs:

- 200g Onions
- 200g Carrots
- 200g Swede
- 100g Butternut squash
- 100g Leeks
- 200g Cabbage, savoy
- 1 tsp Oil, Olive, napolini
- 500g Minced beef (5% fat)
- 1 Stock pot, (Knorr, rich beef)
- 1500 mls Water
- 1/2tsp Black pepper
- handful Coriander, fresh, chopped
- 4 tbsps Cornflour

### For the Dumplings:

- 100g Flour, self-raising
- 50g Suet, atora light
- Water for dumpling mix
- 160g Red cabbage

## Preparation

### For the Potherbs:

1. Peel & chop all vegetables into small chunks, keeping onions separate.
2. Heat oil in a large lidded pan & sweat onion for 5-10 mins.
3. Add mince & cook until browned.
4. Make stock & add to pan.
5. Add vegetables, black pepper & herbs. Bring to boil.
6. Cover & simmer for 30 mins or until vegetables tender.
7. Mix cornflour with a little water & stir into pot.
8. Leave to simmer whilst preparing dumplings.

### For the Dumplings:

1. Sieve flour into a bowl. Add suet & mix.
2. Add enough water to make a soft dough.
3. Split dough into 8 small dumplings & add to pan.
4. Cover & simmer for a further 20 mins until dumplings are cooked.
5. Serve with red cabbage.

**TOP TIP:** Add some mixed herbs to the dumplings to make herby dumplings if you wish.

**NUTRITIONAL VALUES**

**PER SERVING**

Calories 489

Total Sugars 14.45g

Total Fats 16.23g

Saturated Fats 7.46g

Salt 1.92g

Fruit & Veg 3