

QUICK STEW WITH DUMPLINGS

Serves 4

INGREDIENTS

For the stew:

3 tbsp oil
1 onion, chopped
2 cloves garlic, crushed
2 cups sliced mushrooms
2 tsp curry powder
1 tin (410g) chopped tomatoes
1 tin (410g) Lucky Star Pilchards in Tomato Sauce
Salt and pepper, to season

For the dumplings:

2 tins self-raising flour
3 tbsp freshly chopped parsley
¼ tsp salt
1 tin double cream plain yoghurt

Serving suggestion:

Freshly chopped parsley

METHOD

1. Heat oil in a large pot and fry onions and garlic until softened and translucent. Add the mushrooms and cook until softened as well. Stir in the curry powder and fry until fragrant.
2. Add the tin of chopped tomatoes.
3. Pour pilchards and sauce from tin into stew. Season to taste with salt and pepper and bring to a simmer. **Chef's Tip: Debone the pilchards if desired, but keep the halves whole.*
1. While the stew is simmering, make the dumpling dough. Stir the self-raising flour, parsley and a pinch of salt in a large bowl to combine. **Chef's Tip: Freeze excess chopped parsley with water in an ice cube tray for up to 2 weeks and thaw when needed!*
4. Measure 1 tin of yoghurt and stir this into the flour mixture to form a dough. Knead the dough on a floured surface until soft and smooth.
5. Divide the dough into 8 portions and roll into evenly-sized balls. **Chefs Tip: Use damp hands when working with dough to avoid it sticking.*
6. Place the dumpling balls on top of the stew in a circular formation and close the lid of the pot.

