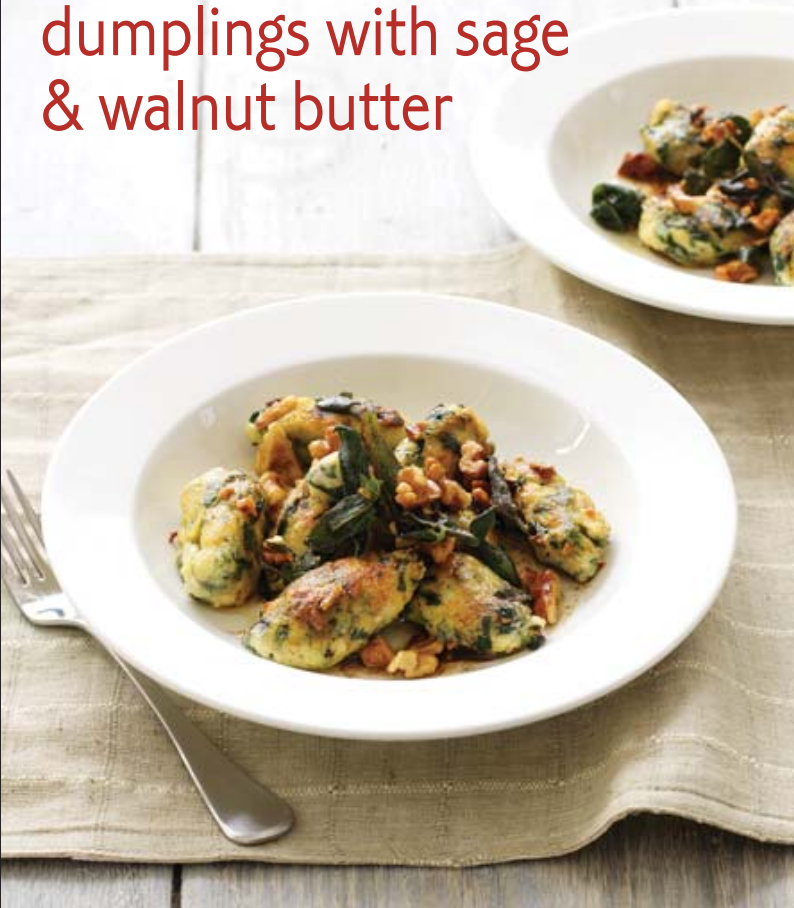


Spinach & ricotta dumplings with sage & walnut butter



Spinach & ricotta dumplings with sage & walnut butter

Preparation: about 35 minutes
Cooking: about 15 minutes
Serves: 6 as an entrée or light meal

2 tbs olive oil
1 bunch English spinach, trimmed and chopped
4 green onions (shallots), trimmed and thinly sliced
2 garlic cloves, crushed
500g fresh ricotta cheese
Pinch ground nutmeg
2 eggs
½ cup plain flour + ½ cup extra for rolling
Salt and ground black pepper
75g butter
¾ cup sage leaves (about 1 bunch)
½ cup toasted walnuts, chopped

1. Heat oil in a large non-stick frying pan over medium heat. Add spinach, green onions and garlic and cook until spinach wilts and pan juices evaporates. Remove from heat. Transfer mixture to a large heatproof bowl. Add ricotta and nutmeg. Beat until well combined. Set aside to cool. Beat in eggs and flour, season well with salt and pepper. Using about 1 tbs ricotta mixture per dumpling, form mixture into little logs. Lightly roll dumplings in flour, shake off excess flour. Place on a plate lined with non-stick baking paper.
2. Cook dumplings, in batches, in a large saucepan of gently boiling water, for 2 minutes, transfer to a plate using a slotted spoon.
3. Heat butter in the large non-sticking frying over medium heat. Add dumplings and cook, turning occasionally, for 2–3 minutes until golden. Toss in sage and walnuts, cook until sage is crisp. Arrange on serving plates and serve.



English spinach

- Spinach is rich in an antioxidant called lutein, which is needed by the eyes, especially as we grow older.
- Spinach is an excellent source of dietary fibre, which keeps the intestine functioning well.

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