



Avocado dumplings

NIBBLEDISH CONTRIBUTOR

Ingredients

Dumplings dough:

- 2,5 glass of wheat flour
- 1 egg, whipped
- 1 table spoon of oil
- pinch of salt
- 0,5 glass of warm water

Stuffing:

- 1 avocado, peeled and mashed
- 1/2 lime, juice only
- 100 grams of cream cheese
- 2 table spoon of grated parmesan
- white pepper
- pinch of salt

Garnish:

- canned tuna
- pistachio nuts
- avocado oil

Instructions

1. Sift flour, add whipped egg, salt and oil, mix well.
 2. Add water, bit by bit, knead dough till it will be uniform, soft and supple.
-

-
3. Sprinkle avocado with lime juice, mix with cream cheese, parmesan, white pepper and salt.
 4. Divide dough in two. Roll out first part (about 2 mm thickness). Cut out circle put 1 tea spoon of stuffing fold in half and close edges.
 5. Repeat with remaining dough and stuffing.
 6. Boil water, put it part of dumplings, boil about 6 min.
 7. Serve sprinkle with tuna, pistachio nuts and avocado oil.