



Feta & Buckwheat dumplings

NIBBLEDISH CONTRIBUTOR

Ingredients

Dumpling dough:

- 2,5 cup of wheat flour
- 1 egg, whisked
- pinch of salt
- 0,5 - 0,7 cup of warm water

Filling:

- 1 cup of cooked buckwheat
- 1/2 zucchini, grated
- 1 spring onion, sliced
- 2 cloves of garlic, minced
- 100 grams of feta, cubed
- dash of black pepper

Garnish:

- cashews
- dried tomatoes shreds
- 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. Heat 1/2 tablespoon of oil and fry spring onion and garlic, add zucchini, after 3

minutes and buckwheat. When it warms up add feta and black pepper. Mix well and cool down.

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. Steam dumplings about 10 minutes.
7. Serve sprinkle with dried tomatoes shreds, crushed cashews and avocado oil.