

Dumpling salad

★★★★☆ 4.4 | 15 ratings



Prepare

Less than 30 mins

Cook

Less than 10 mins

Serve

Serves 2

Dietary

Pregnancy-friendly |

Vegetarian

By Helen Upshall

A crunchy and satisfying salad of fried Japanese dumplings and an Asian slaw tossed in a ginger, honey and sriracha dressing. Drizzle with spicy mayo to serve.

Ingredients

1 tbsp oil, for frying
12 frozen gyoza dumplings (any flavour works, vegetarian if needed)
1 large carrot, peeled
½ cucumber, deseeded
150g/5½oz red cabbage
10g/⅓oz mint
10g/⅓oz coriander
1 tbsp sesame seeds, toasted

Method

1. To make the salad, heat the oil a large frying pan over a medium to high heat. Place in the gyoza, flat side down, and fry for 3–4 minutes until golden and crisp on the bottom.
2. Once golden, add 50ml/2fl oz water to the pan. Cover with a lid and steam the gyozas for a further 4–5 minutes, or until they are cooked through.
3. Meanwhile, using a vegetable peeler, peel the carrot into wide ribbons and place in a large bowl. Slice the cucumber and shred the cabbage thinly, then add to the bowl.
4. Finely chop the mint and coriander and add to the bowl along with the sesame seeds.

40g/1½oz peanuts or cashews, toasted and roughly chopped

For the dressing

1 small thumb-size piece fresh root ginger, finely grated

2 tbsp reduced salt soy sauce

2 tsp sriracha

1½ tbsp runny honey

2 tsp rice wine vinegar

For the spicy mayo

30g/1oz mayonnaise

30g/1oz sriracha

½ lime

5. To make the dressing, whisk together all the ingredients until combined. Pour over the prepared vegetables and toss the vegetables in the dressing to ensure they are completely coated.
6. When you're ready to serve, make the spicy mayo. Stir together the mayonnaise, sriracha and a squeeze of lime in a small bowl.
7. Divide the dressed vegetables between two plates or bowls, then top with the cooked gyozas. Drizzle over the spicy mayo and finish by scattering over the nuts.

Recipe tips

This salad is extremely versatile and great for using up veggies already in your fridge – just think crunchy! White cabbage works fine instead of red and raw courgette is a brilliant addition – as are radishes for a little more zing and crunch.

You can buy ready toasted sesame seeds, or toast them in a dry frying pan for a few minutes until golden.

A small bunch of herbs from the supermarket is 30g/1oz, so you will need a third of a bag of mint and coriander.

A Y-shaped peeler is ideal for making the carrot ribbons, but any vegetable peeler will do.