

Crispy Carrot Dumplings

with Hazelnut Sesame Butter & Apple Arugula Salad

DINNER

SERVINGS

2 4

PREP & COOK TIME

45 min

CALORIES

770

FAT

39g

CARBOHYDRATES

96g

PROTEIN

18g

MAIN INGREDIENTS

1. 4 carrots
2. ¼ cup hazelnuts
3. ¼ oz fresh parsley
4. 1 red apple
5. 1 tbsp Champagne vinegar
6. ¼ cup vegan cream cheese
7. ½ tsp pumpkin pie spice
8. 20 dumpling wrappers
9. 3 tbsp vegan butter
10. 1 tbsp white sesame seeds
11. 2 oz baby arugula
12. 1 tbsp olive oil*
13. Salt and pepper*
14. *Not included
15. For full ingredient list, see nutrition

Allergens: tree nut (cashew, hazelnut), wheat

[Nutrition](#)

TOOLS

- Large nonstick skillet with lid
- Food processor
- Medium saucepan

INSTRUCTIONS

1

Prepare the produce

Bring a medium saucepan of salted water to a boil for the carrots. Peel and thinly slice the carrots into rounds. Finely chop the hazelnuts. Finely chop the parsley leaves. Thinly slice the apple. Add sliced apple, Champagne vinegar, and a pinch of salt to a medium bowl and toss.

2

Make the carrot filling

Once the water is boiling, add sliced carrots and cook until fork-tender, 6 to 7 minutes. Drain and transfer carrots to a food processor. Add cream cheese, pumpkin pie spice, just half the chopped parsley, and $\frac{1}{2}$ tsp salt, and blend until smooth.

3

Fill the dumplings

Place the dumpling wrappers on a flat surface. Fill a small bowl with cold water. Use a tablespoon to place carrot filling in the center of each wrapper. Dip your finger in the water and wet the rim of the wrapper. Fold the wrappers over the filling and press down to seal, pinching the edge tightly.

4

Toast the nuts

Heat the butter in a large nonstick skillet over medium heat. Once melted, add chopped hazelnuts, white sesame seeds, and a pinch of salt. Cook, tossing frequently, until fragrant, 2 to 3 minutes. Use a slotted spoon to transfer toasted nuts to a bowl, reserving the butter in the skillet.

5

Cook the dumplings

Increase the heat to medium-high. Add half the carrot dumplings to the skillet and cook until browned and crispy, 2 to 3 minutes. Flip dumplings and cook for an additional minute. Add $\frac{1}{4}$ cup water, reduce heat to medium, and cover. Steam dumplings until tender and the water has evaporated, 3 to 4 minutes. Repeat with remaining dumplings.

6

Serve

Add the baby arugula, 1 tsp olive oil, and a pinch of pepper to the bowl with the apples. Toss the apple arugula salad to coat evenly. Divide the crispy carrot dumplings between plates and sprinkle with toasted hazelnuts and remaining chopped parsley. Serve with the apple arugula salad on the side. Dig in!