



Squid dumplings (Serves 4)

Equipment:

Powerful blender, frying pan
(& silicone mini spatula)

Ingredients

3 large squid tubes—sliced

¼ cup quinoa—cooked with ¾ cup water

2 cups of greens: pick 2-3 kinds
(e.g. celery leaves, kale, rockets, chives,
spring onion, silver beets, spinach etc.)

3-4 cloves garlic

2 eggs

1 small onion

4 tablespoons chick pea flour

4 tablespoons potato or tapioca starch

1 teaspoon turmeric

½ teaspoon paprika

½ teaspoon cumin

½ teaspoon cinnamon

¼ teaspoon fennel & ¼ teaspoon
smoked paprika (optional)

Salt & pepper to taste, oil to fry



Direction

- 1) Put all ingredients in a blender except for flour, spices and cooked quinoa. Blend until it becomes green goo. (see the photo below!)
- 2) Mix the rest of ingredients and the green goo in a bowl.
- 3) Heat oil in a frying pan and scoop 2) with a spoon. Fry both sides until it gets browned. Silicone mini spatula is good to flip them.

