

## Fate Onion & Herb Dumplings

### Ingredients

200g Fate Low Protein All-Purpose Mix

75g block margarine or butter

1 teaspoon baking powder

½ teaspoon salt

Generous grinding of black pepper

2 teaspoons dried parsley

2 teaspoons dried onion granules

120ml water

Little extra Fate All-Purpose Mix to shape

Little paprika pepper to sprinkle if liked

Preheat oven to Gas Mark 7/220°C/440°F



### Method

1. Place the Fate Low Protein All-Purpose Mix into a mixing bowl.
2. Rub in the margarine or butter until the mixture looks like breadcrumbs.
3. Stir in the baking powder, salt and pepper, parsley and onion granules.
4. Add the water and stir well until a creamy mixture is made.
5. Using a teaspoon, take a little of the dumpling mixture and shape it into a ball. You may need to lightly dust your hands with just a little Fate All-Purpose mix, to stop it sticking, but try not to use much.
6. Place the dumplings onto a greased baking tray and bake in a preheated oven for 10-15 minutes until firm, risen and lightly browned.
7. For a change, you can sprinkle the top with a little paprika or other spice before baking.
8. Serve them warm as they are, as an alternative to low protein bread, or drop them into a low protein soup or stew to warm through before serving.

This recipe was provide by Fate Low Protein Foods