



CREAMY CREMORA CHICKEN DUMPLINGS

Ingredients

- 30 grams Corn flour, whole-grain, white
- 500 grams Soup, stock, chicken, home-prepared
- 70 grams Onion, Red
- 1/41 Garlic, Raw
- 1 pinches Salt, Table
- 500 grams Chicken, broiler, rotisserie, BBQ, breast meat only
- 1 cups Vegetables, mixed, frozen, cooked, boiled, drained, with salt
- 30 grams NESTLÉ Cremora Original
- 1 cups Wheat Flour, White, All-Purpose, Unenriched
- 30 grams NESTLÉ Cremora Original
- 1 pinches Salt, Table

Instructions

1. Place an oiled wide pot with a lid on medium heat. Add the onions and garlic and sauté for 1-2 minutes. Add 2 tablespoons of Nestlé Cremora Original, corn flour and slowly pour in the chicken stock while continuously whisking
2. Simmer and whisk the gravy for 2-3 minutes, uncovered until the sauce has thickened slightly.
3. Stir in the shredded chicken and frozen vegetables. Turn the heat off while preparing the dumplings.
4. In a mixing bowl, use a spoon to stir the flour, Cremora, ? cup of water and salt and pepper together until combined and a loose sticky dough has formed.
5. Add 6 heaped tablespoons of the dumpling dough over the stew, leaving 1cm space between each, and ensuring the dumplings are the same size.
6. Cover the pot with a lid and cook on medium heat for 6-8 minutes or until the dumplings have risen and cooked through. *Chef's Tip: The dumplings are cooked once a skewer inserted comes out clean.
7. Garnish the dish with freshly chopped parsley, serve and ENJOY!

Nutrients

Carbohydrates	34.8
Energy	275.32
Fats	7.85
Protein	29.05

39 Minutes

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