

Vegetable Dumplings with Creamy Mushrooms & Spinach

Pan-seared dumplings and three kinds of mushrooms are the foundation of this hearty, flavorful dish. A creamy garlic Parmesan sauce with wilted spinach adds richness, while toasted breadcrumbs, corn, and carrots bring crunch and texture. It's unexpected and turns dumplings into a satisfying dinnertime meal.

25 *Minutes to the Table*

25 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

2 Large Skillets (one with a cover)

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Vegetable Dumplings
Mushrooms
Garlic Parmesan
Cream Sauce
Spinach
Corn & Carrots
Seasoned
Breadcrumbs

Good to Know

Health snapshot per serving – 670 Calories, 41g Fat, 59g Carbs, 17g Protein, and 23 Freestyle Points.

Add Protein Instructions

Integrate into recipe: Prior to Step 1, cook the protein according to the instructions below. Slice into strips (flake the salmon and leave the shrimp whole) and serve alongside the dumplings before drizzling the sauce in step 5.

Cook protein: Lightly sprinkle the protein with salt & pepper. Heat a large skillet with 1-2 Tbsp olive oil on medium-high heat (high for steak). When the oil is hot, cook the protein until the: CHICKEN is crisp and brown, about 4 to 5 minutes per side. Let rest for 5 minutes. STEAK bottoms are brown, and sides start to color, about 4 minutes per side for medium (3 min for med-rare and 5-6 min for well done). Let rest for 5 minutes. SALMON is crisp and brown, about 4 minutes per side. Let rest for 5 minutes. SHRIMP are opaque and no longer grey in color, about 1 minute per side.

INGREDIENTS: Vegetable Dumplings, Cream, Spinach, Button Mushrooms, Cremini Mushrooms, Shitake Mushrooms, Corn, Carrots, Panko Breadcrumbs, Yellow Onion, Lemon, Parmesan, Vegetable Stock, Garlic, Chives, Black Pepper, Kosher Salt, Paprika.

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1. Sauté the Mushrooms

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Mushrooms** with a sprinkle of salt and pepper. Cook, stirring occasionally, until the mushrooms are brown and slightly crispy, about 7 to 8 minutes. Transfer directly to serving plates. Wipe out the skillet.

2. Sear the Dumplings

While the mushrooms are cooking, heat 1 Tbsp olive oil in a second large skillet over medium-high heat. When the oil is hot, arrange the **Vegetable Dumplings** with the flat side down. Cook until the bottoms start to sear, about 3 to 4 minutes. Add ¼ cup of water, cover and cook for 2 to 3 minutes to steam and soften the dumplings. Remove the cover and continue to cook until the water has evaporated, an additional 2 to 3 minutes. Remove from the skillet and place the dumplings on top of the mushrooms on the serving plates. Wipe out the skillet.

You may need to add a bit more water to the skillet for the final 2 to 3 minutes.

3. Create the Creamy Spinach Sauce

Return the now-empty mushroom skillet to the stove over medium-high heat. Add the **Garlic Parmesan Cream Sauce** and bring to a boil. Reduce the heat to medium-low and cook until the sauce has thickened enough to coat the back of a spoon, about 3 to 4 minutes. Add the **Spinach** and stir until it wilts. Remove from the heat but leave the sauce in the skillet.

4. Create the Topping

Heat 1 Tbsp olive oil in the now-empty dumpling skillet over medium-high heat. When the oil is hot, add the **Corn & Carrots** and cook until the carrots are tender and corn starts to brown, about 3 to 4 minutes. Remove the vegetables from the skillet and place in a small bowl.

Add an additional 1 Tbsp olive oil to the skillet and when the oil is hot, add the **Seasoned Breadcrumbs**. Cook, stirring frequently, until the breadcrumbs turn brown, about 2 minutes. Remove from the heat, add back the cooked corn & carrots, and stir well.

5. Put It All Together

Drizzle the Parmesan Cream Sauce over the dumplings and mushrooms and sprinkle with the breadcrumb topping. Enjoy!

Instructions for two servings.

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