

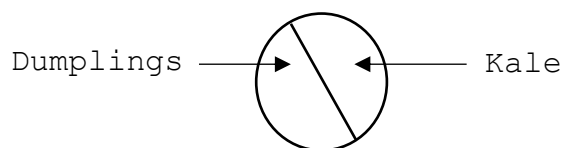


## Your Chance to Join Chef Paul & Sam's Brigade

Put your Chef-ready Meal® in the fridge as soon as it arrives home

### Pumpkin & Sage Dumplings Instructions

- o This dish is an absolute doddle. It should take no longer than **10 minutes** to complete.
- o Fill a saucepan half-way with water and lightly salt. Bring it to the boil.
- o Add the dumplings to the water for **1 minute** - until they start to float. Drain the dumplings.
- o Heat a small amount of oil in a frying pan on a medium-low heat and add the dumplings. Toast them lightly for around **2-3 minutes** until they start to turn golden. Stir regularly.
- o Move the dumplings to one side of the pan and spoon the kale into the other side.



- o Heat for **2-3 minutes** until the kale is warmed through and then stir the dumplings & kale together.
- o Add the artichokes and heat through for another **2-3 minutes**.
- o Plate up the contents of the frying pan and tuck in!

*Use within 3 days of collection/delivery. Keep refrigerated below 5°C.  
We cannot guarantee that nuts or nut traces will not be found in our food.  
Allergens - Celery, gluten, egg, milk, sulphites  
The hygienic containers are made from corn starch and are biodegradable.  
They will clean (even in the dishwasher) and can be reused many times.*