

Foodnity Recipes

# High-Protein Cabbage Dumplings

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|---|---|---|
| **20 min**<br>Prep time | **15 min**<br>Cook time | **35 min**<br>Total time |
| **4**<br>Servings | **Easy**<br>Difficulty | **Eastern European**<br>Cuisine |

## Ingredients

### Dumpling Wrapper

- [ ] 2 cups all-purpose flour
- [ ] 3/4 cup warm water
- [ ] 1/2 tsp salt

### Filling

- [ ] 1 lb ground turkey breast
- [ ] 2 cups finely shredded green cabbage
- [ ] 2 tbsp olive oil
- [ ] 1 tsp minced garlic
- [ ] 1 tsp minced ginger
- [ ] 1/4 cup Greek yogurt
- [ ] 1 tbsp lemon juice
- [ ] 1 tsp honey
- [ ] Salt and pepper to taste

### Sauce (optional)

- [ ] 2 tbsp soy sauce
- [ ] 1 tbsp rice vinegar
- [ ] 1 tsp honey
- [ ] 1 tsp grated ginger

## Instructions

1. In a bowl, combine flour, salt, and warm water; stir until a smooth dough forms. Cover and let rest for 10 minutes.
2. Heat olive oil in a skillet over medium; add garlic and ginger, sauté briefly, then add turkey. Cook until browned, season with salt and pepper.
3. Add shredded cabbage to the skillet; stir-fry until just wilted, then remove from heat and fold in Greek yogurt, lemon juice, and honey.
4. Roll the rested dough thin, cut into 3-inch circles, place a spoonful of filling, fold and pinch edges to seal.
5. Arrange dumplings in a steamer basket, steam over boiling water for 8-10 minutes until the wrapper is translucent.
6. Serve hot with the optional dipping sauce; drizzle a little extra honey-lemon mixture if desired.

## Nutrition per serving

| 335 kcal | 38 g | 30 g | 9 g |
| --- | --- | --- | --- |
| Calories | Protein | Carbs | Fat |

### Tips & notes

- If the dough feels dry, add a teaspoon of water at a time.
- Press the cabbage gently to remove excess moisture before mixing.
- For extra crispness, pan-sear the steamed dumplings for a minute on each side.