

Spinach Parmesan Dumplings with Styrian Pumpkin Seed Oil



Main dish

Kind of recipe



30 Minutes

Preparation



middle

Severity

20-30 Minutes



Ingredients for 4 people

400 g flour 3 eggs 200 g leaf spinach
ground nutmeg 1 clove of garlic, finely
chopped salt and ground pepper Styrian
Pumpkin Seed Oil P.G.I. ripe parmesan

Preparation

Steam and chop the leaf spinach. Add flour, eggs, garlic, spices and the Styrian Pumpkin Seed Oil P.G.I. (2-3 Tsp) and blend to a thick batter. Bring salted water to the boil. Use a large spoon to form dumplings and drop them into the water. Poach until they float up to the surface (10-15 min.) and take them out. Drizzle a little Styrian Pumpkin Seed Oil P.G.I. on a warm plate, place the dumplings on it and sprinkle the parmesan cheese generously over the dumplings. Tip: Stewed carrots and celeriac would also complete this dish. In summer serve a bell pepper-tomato salad or fresh green salad with the dumplings.

**Recipe from Gemeinschaft Steirisches Kürbiskernöl
g.g.A. / Foto: Stefan Kristoferitsch**