

VEGAN GOULASH

INGREDIENTS

2 brown onions (<i>diced</i>)	2tsp smoked paprika
2 garlic cloves (<i>crushed or chopped</i>)	1tsp fennel seeds (<i>optional</i>)
25g parsley (<i>chopped</i>)	1 tsp Dijon mustard
4 carrots (<i>peeled and sliced</i>)	1 tbsp marmite
2 sticks celery (<i>sliced</i>)	500g passata
3 parsnips (<i>cut into 2cm cubes</i>)	400g chopped tomatoes
300g potatoes (<i>peeled and cut into 2cm cubes</i>)	200ml red wine
2 red peppers (<i>sliced</i>)	1 tsp salt
1 yellow pepper (<i>sliced</i>)	1 tsp black pepper
1 green chilli (<i>finely chopped</i>)	
200g chestnut mushrooms (<i>sliced</i>)	
1 vegetable stock cube	

FOR THE DUMPLINGS

120g self-raising flour
60g vegetable suet
1 tsp dried thyme

METHOD

1. Heat the oven to 180°C fan, gas mark 4 or 200°C electric.
2. Add oil to a large pan, heat until it sizzles and then add the onion with a good pinch of salt and cook over a medium-high heat until softened.
3. Add the garlic, celery, carrots, parsnips and potatoes and cook for a further 10 minutes or until the vegetables start to soften.
4. Add the peppers, mushrooms and fresh chilli to the pan, turn down the heat and sweat the vegetables for a further 10 minutes with the pan lid on.
5. Add the stock cube, paprika, mustard, fennel seeds and marmite and cook over a medium-high heat to coat all the vegetables.
6. Add the red wine which will add richness to the dish (or 2tbsp of balsamic vinegar could be substituted) and cook for a couple of minutes to deglaze the pan, before adding the passata, chopped tomatoes and enough boiled water to ensure all vegetables are covered (approximately 200/300ml).
7. Cook the stew for around 30 minutes with the pan lid on until the vegetables are cooked. If you find the sauce to be too thin, you can increase the cooking time by 10 minutes.
8. To make the dumplings, combine the flour, vegetarian suet and dried thyme to a large mixing bowl along with a pinch of salt.
9. Add ice cold water to a jug and slowly drizzle into the dumpling mix, stirring all the time with a knife until the dough starts to form, the mixture will be quite sticky.
10. Flour your hands and roll out approximately 6-8 balls from the dough. Add to your stew and then pop the lid on the pan until they begin to rise and appear light and fluffy. This will take approximately 15-20 minutes.
11. Optional - remove the lid and add the pan to the oven to bake for a further 10 minutes, this will thicken the goulash and crispy the dumplings.