


# Dumpling Tomato Salad




A fun and nourishing recipe that combines the old with the new, the savory with the fresh. Make this Dumpling Tomato Salad in 4 easy steps.



PREP TIME

10 mins




COOK TIME

10 mins

TOTAL TIME

20 mins




COURSE

Salad

SERVINGS

2 people



CALORIES

420 kcal

## INGREDIENTS

- 1 pack frozen dumplings (12) pork, chicken, veggie
- 1 cup cherry tomatoes halved
- 2 tbsp red onion thinly sliced
- 1 tbsp rice vinegar
- 1 tbsp soy sauce
- 1 tsp sesame oil
- 1 tbsp chili crisp or chili oil for a spicer kick
- 2 tbsp cilantro chopped
- 1 pinch salt/pepper to taste
- 1/2 cucumber slices (optional)
- 1 avocado cubed (optional)
- crushed peanuts (optional topping)
- sesame seeds (optional topping)

## INSTRUCTIONS

1. Step 1: Cook Your Dumplings

Boil or pan-fry your dumplings according to the package instructions. For added flavor and texture, I recommend pan-frying them until golden brown and crispy on the bottom. Once done, set them aside to cool slightly.

2. Step 2: Toss the Tomatoes

While your dumplings are cooking, halve your cherry tomatoes and toss them in a large mixing bowl. Add the thinly sliced red onion and chopped cilantro. This will form the juicy, flavorful base of your salad.

3. Step 3: Make the Dressing

In a small bowl, whisk together rice vinegar, soy sauce, sesame oil, chili crisp, salt, and pepper. Taste and adjust the spice level or acidity as needed.

4. Step 4: Combine and Serve

Add the slightly cooled dumplings to your tomato mixture. Pour the dressing over everything and gently toss until well combined. Let it sit for 5–10 minutes to let the flavors meld, then serve immediately. Top with any extras like sesame seeds or avocado if desired.

NOTES

Nutritional Information (per serving, approx.)

Nutrient	Amount
Calories	420 kcal
Protein	15 g
Carbohydrates	45 g
Fat	20 g
Fiber	4 g
Sodium	820 mg
Sugars	5 g

Note: Nutrition will vary depending on the dumpling brand and optional toppings.



