



Afghan Mantu (With Wonton Wrappers)



4-6 servings



prep: 30 minutes



cook: 30-40 minutes

INGREDIENTS

Dumplings (30-40 Dumplings):

- 1 package round or square wonton wrappers (available at most grocery stores or Asian markets)
- 1 lb ground beef or lamb
- 1 large onion, finely chopped
- 1 tsp ground coriander
- 1 tsp ground cumin
- ½ tsp black pepper
- 1 tsp salt
- Optional: 1 small green chili, finely chopped

Tomato Sauce with Split Peas:

- 1 tbsp oil
- 1 small onion, diced
- 1 can (8oz) tomato sauce or ½ cup tomato paste with ½ cup water
- ¼ cup cooked yellow split peas
- 1 tsp garlic powder or 2 fresh cloves minced
- ½ tsp black pepper
- ¼ tsp chili powder
- ¼ tsp turmeric
- Salt to taste
- 1 tbsp vinegar or lemon juice

Garlic Yogurt Sauce

- 1 ½ cup plain yogurt (strained/Greek if possible)
- 1 clove garlic, minced or grated
- Salt to taste
- Optional: pinch of dried mint or dill

INSTRUCTIONS

Prepare the Filling:

- In a pan, heat up some oil. Add in your ground meat.
- Once the ground meat turns brown, add in your salt and diced onions. Allow the onions to soften and cook down.
- Now add your spices. Cook for a few minutes. Taste and adjust for seasonings. Toss in the cilantro. Set aside and allow to cool.

Assemble the Dumplings:

- Place ~1 tsp of filling in the center of each wonton wrapper.
- Dip your finger in water and wet the edges.
- Fold in half diagonally or pleat edges to seal. You can get creative - there is no wrong way!

Steam the Dumplings:

- Lightly oil your steamer basket so they don't stick.
- Steam in a single layer (in batches if needed) for 15-20 minutes, until the wrappers look translucent.

Make the Tomato/Lentil Soup:

- In a pan, heat oil and sauté onions until soft.
- Add garlic, tomato sauce, split peas, salt, pepper, and vinegar.
- Simmer for 15-20 minutes until thickened. Add a splash of water if too thick.

Make the Yogurt Sauce

- In a small bowl, mix yogurt with garlic and salt.
- Chill until ready to use. Add mint/dill if desired.

To Serve:

- Lay the steamed mantu on a platter.
- Spoon warm tomato sauce over top.
- Drizzle generously with the cool yogurt sauce.
- Garnish with dried mint, fresh parsley or a pinch of paprika.