

One-Pot Curry Dumpling Bake



You've probably seen oven-baked dumpling recipes all over TikTok. Here, we're sharing a revamped version approved by our dietitians. We added vegetables for extra color, freshness, and fiber. Thanks to the grated tofu and edamame, each serving provides 28 g of protein. The result: a recipe that's just as nutritious as it is delicious, ready in no time and made in a single dish. We love it! For more inspiration, check out our [7 Dinner Ideas For Busy Weeks](#).

Preparation 10 min

Cooking 30 min

Servings 4

Nutrition Facts (per serving)

Calories 455

Fat 17

Carbohydrates 48

Fibre 7

Protein 28

Sodium 680

Ingredients

- 1 can (398 ml/14 oz) light coconut milk
- 30 ml (2 tbsp) red or yellow curry paste*
- 15 ml (1 tbsp) natural peanut butter

- 15 ml (1 tbsp) fresh grated ginger
- 2 garlic cloves, finely chopped
- 15 ml (1 tbsp) reduced-sodium soy sauce
- 15 ml (1 tbsp) lime juice
- 200 g (½ block) extra-firm tofu, shredded
- 250 ml (1 cup) frozen shelled edamame
- 225 g (1 package) sliced mushrooms
- 500 ml (2 cups) chopped bok choy or baby spinach
- 20 to 24 frozen dumplings (approx. 500 to 600 g)

Garnish (Optional)

- Fresh cilantro
- Green onions
- Crushed peanuts

Preparation

1. Preheat the oven to 400°F (200°C)
2. In a large 9 x 13-inch (23 x 33 cm) baking dish, combine the coconut milk, curry paste, peanut butter, garlic, ginger, soy sauce, and lime juice.
3. Add the tofu, mushrooms, edamame, and bok choy or spinach. Stir to combine.
4. Place the frozen dumplings in a single layer over the mixture.
5. Using a spoon, coat the dumplings with some of the sauce. Cover with aluminum foil and bake for 15 minutes. Remove the foil and continue baking for 15 minutes, or until the dumplings are golden.
6. Garnish with cilantro, green onions, and crushed peanuts, if desired.

Notes

Keeps for 3 days in the refrigerator in an airtight container. Do not freeze.

*Yellow curry paste is milder than red curry paste. If you really like it spicy, you can even opt for green curry paste (the hottest of the three). For a **vegetarian** or **vegan** recipe, be sure to choose a curry paste *without fish sauce*.



Gabrielle Simard – Créatrice culinaire
Culinary Creator