Main dishes / Afghanistan

Ashak

Afghan leek dumplings under garlic yoghurt and a meat sauce.

Time 130 min **Servings** 5

What you'll need.

- [ ] 400 g Flour
- [ ] 180 ml Water
- [ ] 500 g Spring onions
- [ ] 400 g Minced beef
- [ ] 1 piece Onion
- [ ] 500 ml Yoghurt — thick
- [ ] 5 clove Garlic
- [ ] 2 tbsp Tomato paste
- [ ] 2 tbsp Dried mint
- [ ] 1 tsp Chilli flakes
- [ ] 60 ml Vegetable oil
- [ ] Salt and pepper — to taste

Let's make it.

01 Knead a dough from the flour, water and salt and rest it forty minutes under film.

02 Chop the spring onion very fine, salt it and wring it out in a cloth.

03 Fry the onion with the mince, add the tomato paste and stew it twenty minutes.

04 Whisk the yoghurt with crushed garlic and salt and leave it at room temperature.

05 Roll the dough thin and cut eight-centimetre rounds.

06 Add the leek filling, fold each into a half-moon and crimp the edge tight.

07 Boil the dumplings five minutes, lay them on the yoghurt, spoon the sauce over and dust with mint and chilli.

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