



It's what we do

Each serving contains

Energy	Fat	Saturates	Sugar	Salt
3%	Med 2%	Low 1%	Low 0%	Med 2%
289kj 69kcal	1.7g	0.2g	0.4g	0.11g

% of an adult's reference intake | Carbohydrates per serving: 10g

Prawn & cabbage potsticker dumplings

Dumplings are delicious, and they're a firm favourite in China. Use our tasty recipe to make your very own Prawn and Cabbage Dumplings, complete with soy dipping sauce. Yum!

Ingredients:

- 250g Co-op plain white flour, plus extra for dusting
- 2 garlic cloves, crushed
- 2 tsp grated ginger
- 160g pack raw Co-op king prawns, finely chopped
- 75g Co-op British savoy cabbage, finely shredded
- 1 salad onion, finely sliced
- 1 tbsp cornflour
- 2 tsp Co-op light soy sauce
- 1 tsp sesame oil (or 1 extra tsp soy sauce)
- 2 tbsp Co-op sunflower oil
- Soy or sweet chilli sauce for dipping (optional)

Method:

1. Put the flour in a bowl and gradually stir in 150ml just-boiled water until a dough forms.
2. Tip out onto a floured surface and knead for a few minutes until smooth, then return to the bowl, cover and leave to rest for an hour.
3. Put the garlic, ginger and prawns in a food processor and pulse to combine.
4. Stir in the shredded cabbage and salad onion.
5. Mix the cornflour with the soy sauce and sesame oil (if using) until smooth, then stir this into the mixture too.
6. Once the dough has rested, cut into quarters.
7. Roll each quarter into a sausage shape, then cut into 5 even pieces.
8. Roll each piece into a circle, 10cm across, on a floured surface.
9. Put on a floured tray and repeat with the remaining dough.
10. Working in batches of 5 wrappers, place a little filling into the middle of each, being careful not to overfill.
11. Spread a little water around the edge with your finger, then pinch together into half-moon dumplings
12. Heat 1 tbsp of the oil in a pan and fry half the dumplings on a medium heat for around 2 mins, until golden and crisp on the bottom
13. Add 3 tbsp water, then cover immediately and steam for another 2 mins, until piping hot and cooked through.
14. Keep them warm while you repeat with the remaining dumplings, then serve with the dipping sauce.

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