

Broccoli Wontons

Recipe source: modified from Broccoli Wontons, Hetty McKinnon, Tenderheart page 78
Fresh from the garden Broccolini or Greens (such as pakchoy, mizuna, celery, silverbeet), green onions, chives, garlic chives, coriander

<u>Equipment</u>	<u>Ingredients</u>
Large bowls and colander	1 large potato (about 250 g), peeled and diced
Small bowls	1 tblsp sesame oil (if using)
Measuring spoons and cups	1 brown onion, finely diced
Measuring jugs	1 small head of broccoli or broccolini (about 250 g). florets and stalk roughly chopped
Chopping boards	1 garlic clove, finely chopped
Vegetable knife	sea salt and white pepper
Scissors	2 tsp white (shiro) miso
Kitchen whiz (if using)	2 green onions (shallots), finely sliced
Large fry pan	45-50 square wonton wrappers
Wooden spoon, Spatulas	coriander leaves, chives and garlic
Large serving spoons	chives to serve

What to do

Make the Broccoli filling

Bring a saucepan of salted water to the boil. Add the potato and cook for 8-10 minutes, until very tender.

Drain the potato and place in a bowl, then roughly mash with a fork.

Heat a frying pan over medium heat. Add the sesame oil (if using) and onion and cook for 2-3 minutes, until softened.

Trim the leaves from the broccolini and chop the florets and stalks into small pieces.

Finely chop 1 clove of garlic.

Add the broccoli and garlic to the pan and season with ½ teaspoon of sea salt and ¼ teaspoon of white pepper.

Cook for 5-7 minutes, until the broccoli is very tender. Remove from the heat and allow to cool.

Transfer the mixture to a chopping board and finely chop until the broccoli is almost minced. Add the broccoli mixture to the mashed potato.

Finely slice the green onions, add to the mixture.

Finely chop the garlic chives and chives and add to the mixture.

Measure out 2 tsp miso then add the miso to the mixture.

Mix well, then taste and season with more sea salt and white pepper, if needed.

Make the Wontons

Fill a small bowl with water for wetting the edges of the wonton wrappers. Keep the wrappers covered with a damp tea towel or in their original packaging while you work, as they dry out quickly.

Holding a wrapper in the palm of your hand, place a heaped teaspoon of the filling in the centre of the wrapper (don't overfill).

Moisten the wrapper around the filling with a dab of water, then carefully fold one corner to the next to form a triangle, making sure you enclose the filling tightly to avoid any air pockets, which can make the wontons burst.

Bring the two opposite corners together, dab one corner with water, then overlap them and press to seal.

Repeat with the remaining wrappers and filling.

Cook the Broccoli Wontons

Bring a large saucepan of salted water to the boil. Add the wontons, a few at a time, and cook for 1-2 minutes. When the wontons float to the top, cook for another 20 seconds, until the skins are translucent.

Remove immediately with a slotted spoon to a large tray.

To serve

Transfer to a serving platter. Scatter with coriander leaves.

Serve with tamari (GF) chilli and sesame seeds (if using)

Or

Add Broccoli wontons to bowls and ladle over a Veggie Broth.

Serve and ENJOY!

