
Broad Bean and Greens Wontons with Broth

*Recipe source: modified from **Broccoli Wontons**, Hetty McKinnon, Tenderheart page 78*
Fresh from the garden Broad beans, Broccolini, Greens (such as spinach, 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
Measuring spoons and cups	1 brown onion, finely diced
Measuring jugs	250 g of podded broad beans
Chopping boards	Broccoli or cabbage
Vegetable knife	Greens, (silverbeet, spinach herbs)
Scissors	2 garlic cloves, finely chopped
Food processor	Chopped chives and garlic chives
Large fry pan	sea salt and white pepper
Wooden spoon, Spatulas	2 tsp white (shiro) miso
Large serving spoons	2 green onions (shallots), finely sliced
	45-50 square wonton wrappers
	coriander leaves, chives and garlic
	chives to serve

What to do

Make the Filling

Prepare the Potato

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.

Prepare the broad beans

Pod the broad beans.

Fill the large saucepan with water and bring to the boil.

Cook the beans in the boiling water for 2–3 minutes or until just tender.

Tip the cooked broad beans into the colander, refresh them under cold running water and drain.

Peel and discard the skins (double pod, if necessary)

Prepare the filling

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.

Chop the cabbage finely, (if using instead of broccoli)

Finely chop 2 cloves 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.

Finely slice the green onions, add to the mixture.

Wash and chop the greens (silverbeet, spinach herbs)

Transfer the cooked mixture, greens and cooked broad beans to the food processor and finely chop until mixture is almost minced.

Add the mixture to the mashed potato and mix well.

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 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.

Make the Broth (modify according to your imagination and produce!)

Prepare and dice garlic onions, greens and herbs into small pieces

Heat vegetable oil in large stockpot and add onions and garlic and cook lightly

Mix up veggie or chicken stock powder with water and add to the pot.

Add greens and veggies and simmer until tender.

Season with tamari, salt, pepper, and sesame oil.

Add other seasonings, as you like!

Once the broth starts to boil, add the chives and herbs and a few pieces of seaweed if using.

To serve

Transfer wontons to a serving platter. Scatter with coriander leaves.

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

Or

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

Serve and ENJOY!

