

Rice Paper Broccoli Wontons (GF, fat free)

Recipe source: modified from Broccoli Wontons, Hetty McKinnon, Tenderheart page 78
Fresh from the garden Brocolini 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 brocolini (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	Rice paper wrappers
Wooden spoon, Spatulas	½ cup vegetable stock
Large serving spoons	coriander leaves, chives and garlic
Large flat bowl	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 brocolini 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.

Cook the Broccoli Filling

Use a tablespoon to scoop out the mixture and roll the mixture into golf ball size balls. Heat the vegetable stock in a frypan until simmering. Carefully add the broccoli balls to the simmering stock, add the lid and simmer until firm. Remove to a plate and cool in the fridge.

Make the Rice Paper Wontons

Cut a 22cm rice paper in half and soak it in room temperature water until soft, about 45 seconds to 1 minute.

Place the rice paper on a chopping board and add a cooked broccoli ball in the center on top of the wrapper.

Bring a corner up to overlap with the broccoli ball and use the other hand to create a small pleat and the hand that's holding the wrapper to hold and pinch the pleat.

Continue pleating, folding, and pinching until you almost go around the entire meatball.

Finally, twist the wrapper to go around it to seal all corners.

Use scissors to trim off extra dough at the top if preferred.

Repeat with the remaining wrappers and filling.

To serve

Transfer to a serving platter. Scatter with coriander leaves.

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

Or

Add Broccoli rice paper wontons to bowls and ladle over a Veggie Broth

Serve and ENJOY!

