

Vegetarian Tofu Dumplings

Serves: 25 (makes 100)

Prep: 30 mins

Cook: 20 mins



Dietary: NF, EF, DF
Allergens: Wheat, Soy
Age group: 8 months+

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Vegetarian Tofu Dumplings

Ingredients

- 2 tbsp (40ml) extra virgin olive oil
- 3 spring onions, rinsed and finely chopped
- 1 tbsp freshly grated ginger
- ½ cabbage, rinsed and finely chopped
- 1 carrot, peeled and shredded
- 10 shiitake mushrooms, cleaned and chopped
- 450g hard tofu, patted dry
- 3 tbsp (60ml) tamari
- ¼ cup fresh coriander, rinsed and chopped
- Pinch of pepper
- 50 flour wonton wrappers

Method

1. Heat oil in a large frying pan over medium-hot heat.
2. Add spring onions, ginger, cabbage, carrot and mushrooms and sauté for 2-3 mins. Set aside and allow to cool.
3. Place tofu into a food processor and process until it resembles mince.
4. In a large bowl, mix tofu, tamari, coriander and vegetable mix until well combined.
5. Lay wonton wrappers on a lightly floured work surface and place a teaspoon of the mixture right in the middle of each.
6. Bring two opposite corners together, pinch to seal then repeat with the other corners. Make a small fold in along the sides between the corners and press the dumplings down gently so they can sit without falling over. Dip your fingers in a little water to help seal the pastry and press together tightly - you will need to ensure there is no extra air inside as they may burst during cooking if there is.
7. Place a large-sized saucepan of water on high heat and bring to the boil.
8. Line a bamboo steamer with baking paper and add as many dumplings as you can comfortably fit in there and steam for 10 mins.
9. Repeat with remaining dumplings.

Tips

- ✓ **Prep tips:** To reduce prep time, prepare in advance and store frozen until ready to boil.
- ✓ **For gluten-free version:** Use gluten-free dumpling wrappers.
- ✓ **Easy ingredient swaps:** Swap shiitake mushrooms for mushrooms of choice.