



Make-Ahead Miso Lemongrass Soup with Mushroom Dumplings

 Dairy Free

READY IN



30 min.

SERVINGS



2

CALORIES



259 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounces crimini mushrooms finely chopped
- 2 servings pepper black freshly ground
- 1 stalk lemon grass with the back of a knife to bruise
- 5 tablespoons soy sauce yellow
- 2 teaspoons rice vinegar
- 2 spring onion light white green halved lengthwise thinly sliced
- 1 tablespoon soya sauce

- 1 ounce pkt spinach fresh packed
- 1 teaspoon vegetable oil
- 4 cups water
- 10 wonton wrappers

Equipment

- bowl
- frying pan
- whisk
- pot
- sieve
- microwave

Directions

- Bring water and lemongrass to a boil in pot.
- Place miso in small bowl.
- Pour about 1/2 cup boiling water into miso and whisk until smooth; pour into pot and whisk together.
- Let simmer over medium-high heat to reduce slightly and for flavors to combine, 5 to 7 minutes. Stir in spinach and simmer until just wilted, 1 minute.
- Remove lemongrass stalk and discard.
- Remove from heat and let cool.
- Meanwhile, heat oil in large nonstick skillet over medium-high heat until shimmering.
- Add mushrooms and scallions and season with salt and pepper.
- Saute until softened and beginning to crisp, 3 to 4 minutes, then add vinegar, turn heat to low and cook 1 minute.
- Add soy sauce and simmer until liquid is nearly dry, another 2 to 3 minutes.
- Transfer mushroom mixture to paper-towel-lined strainer and press out any excess moisture.
- Working one at a time, lay wonton wrapper in diamond shape facing you.

- Place 1 heaping teaspoon filling into center. Moisten bottom edges of wrapper with water using your finger, then fold over and seal tightly. If desired, wet one edge of triangle and seal together two edges so wonton looks like a bishop's hat.
- To eat immediately, bring soup back to simmer and cook dumplings in soup for 2 to 3 minutes. To make ahead, keep dumplings separate in an airtight container.
- Pour soup into airtight container. Reheat soup with dumplings in microwave for 2 minutes 30 seconds, until dumplings heated and papers cooked through.

Nutrition Facts



Properties

Glycemic Index:111, Glycemic Load:5.51, Inflammation Score:-8, Nutrition Score:27.465217258619%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg

Nutrients (% of daily need)

Calories: 259.19kcal (12.96%), Fat: 5.61g (8.63%), Saturated Fat: 0.92g (5.72%), Carbohydrates: 41.24g (13.75%), Net Carbohydrates: 36.87g (13.41%), Sugar: 5.08g (5.64%), Cholesterol: 3.38mg (1.13%), Sodium: 2346.64mg (102.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.67g (27.34%), Vitamin K: 110.06µg (104.82%), Manganese: 1.36mg (68.2%), Selenium: 43.4µg (62%), Vitamin B2: 0.86mg (50.4%), Copper: 0.94mg (46.92%), Vitamin B3: 7.33mg (36.67%), Vitamin A: 1492.03IU (29.84%), Folate: 111.12µg (27.78%), Phosphorus: 265.05mg (26.5%), Vitamin B1: 0.37mg (24.8%), Potassium: 814.97mg (23.28%), Iron: 4.17mg (23.18%), Zinc: 2.98mg (19.86%), Vitamin B5: 1.91mg (19.11%), Fiber: 4.37g (17.49%), Magnesium: 64.76mg (16.19%), Vitamin B6: 0.28mg (13.99%), Calcium: 106.55mg (10.65%), Vitamin C: 6.43mg (7.8%), Vitamin E: 0.55mg (3.7%), Vitamin B12: 0.15µg (2.58%)