



Steamed pork & prawn wontons

 Dairy Free

READY IN



45 min.

SERVINGS



35

CALORIES



87 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 175 g ground pork minced
- ☐ 85 g shrimp frozen thawed peeled finely chopped
- ☐ 2 small spring onion chopped
- ☐ 2 garlic clove crushed
- ☐ 2 tsp ginger grated
- ☐ 2 tbsp oyster sauce
- ☐ 1 tsp sesame oil
- ☐ 5 water chestnuts drained finely chopped (from a can)

- ☐ 36 wonton wrappers frozen thawed
- ☐ 1 large romaine leaves for steaming
- ☐ 2 soya sauce
- ☐ 2 tbsp sherry dry
- ☐ 2 tsp ginger fresh grated
- ☐ 35 servings sesame seed

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ tongs
- ☐ pastry brush
- ☐ steamer basket

Directions

- ☐ Mix together the pork, prawns, spring onions, garlic, ginger, oyster sauce, oil and water chestnuts.
- ☐ Peel off a wonton wrapper and, with a pastry brush, lightly brush round the outside with cold water.
- ☐ Place 1 tsp of mixture in the centre and scrunch up into a pouch, squeezing to seal. Do not overfill. Repeat until you have around 35-4
- ☐ (These can be chilled for up to 1 hr on a tray lined with baking parchment.)
- ☐ For the sauce, mix together the soy sauce, sherry and ginger in a small bowl. To steam, bring a large pan of water to the boil. Line a bamboo or metal steaming basket with lettuce leaves to fit.
- ☐ Arrange half the pouches in the basket (without them touching), cover and steam for 5 mins.
- ☐ Remove with tongs to a platter and steam the rest check the water level.
- ☐ Serve, sprinkled with spring onion or sesame seeds, with the bowl of sauce.

Nutrition Facts



 PROTEIN **15.98%**  FAT **53.34%**  CARBS **30.68%**

Properties

Glycemic Index:4.49, Glycemic Load:0.36, Inflammation Score:-2, Nutrition Score:4.9595652112494%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 87.48kcal (4.37%), Fat: 5.3g (8.15%), Saturated Fat: 0.99g (6.2%), Carbohydrates: 6.85g (2.28%), Net Carbohydrates: 5.7g (2.07%), Sugar: 0.1g (0.11%), Cholesterol: 8.2mg (2.73%), Sodium: 82.45mg (3.58%), Alcohol: 0.09g (100%), Alcohol %: 0.4% (100%), Protein: 3.57g (7.14%), Copper: 0.35mg (17.72%), Manganese: 0.26mg (12.85%), Vitamin B1: 0.14mg (9.44%), Selenium: 6.25µg (8.93%), Calcium: 85.17mg (8.52%), Iron: 1.52mg (8.43%), Magnesium: 31.96mg (7.99%), Phosphorus: 71.98mg (7.2%), Zinc: 0.83mg (5.55%), Vitamin B3: 1.03mg (5.14%), Fiber: 1.16g (4.62%), Vitamin B6: 0.09mg (4.59%), Folate: 15.4µg (3.85%), Vitamin B2: 0.06mg (3.75%), Potassium: 71.8mg (2.05%), Vitamin A: 55.78IU (1.12%)