



Product Spotlight: Free-Range Eggs

Eggs are full of disease-fighting nutrients, good quality protein, and an array of vitamins and minerals.

Your brain development and memory may benefit from the choline content as well!



Crispy Rice Paper Dumplings with Peanut Dipping Sauce

Vegetables and free-range eggs stir-fried with fresh ginger and sesame oil, folded into rice paper rolls and pan-fried to make crispy dumplings, served with soy sauce and peanut dipping sauce.



35 minutes



4 servings



Vegetarian

24 March 2023

Switch it up!

Instead of making the dumplings, cook some noodles and make a noodle stir-fry! Add dipping sauce and cooked noodles to stir-fried vegetables and eggs, and toss to combine.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	24g	16g	79g

FROM YOUR BOX

UNSALTED/ROASTED PEANUTS	1 packet (60g)
SPRING ONIONS	1 bunch
GINGER	40g
SLICED MUSHROOMS	2 x 200g
FREE-RANGE EGGS	6-pack
COLESLAW	1 bag (250g)
RICE PAPER ROUNDS	2 packets
SNOW PEA SPROUTS	1 punnet

FROM YOUR PANTRY

oil for cooking, sesame oil, salt, pepper, soy sauce (or tamari), rice wine vinegar

KEY UTENSILS

large frypan

NOTES

To be time efficient, we find it useful to set yourself up a dumpling folding station. Have a wide shallow dish with water for dipping the rice paper rounds, a lightly dampened clean towel on the bench, your rice paper wrappers and filling. Even better, get some helpers to make light hands of the work!

Scan the QR code to watch our how-to video.



1. MAKE THE DIPPING SAUCE

Roughly chop peanuts. Finely slice spring onions (set aside the white stems for step 2). Add spring onion green tops to a bowl with peanuts, **3 tbsp sesame oil**, **1 tbsp soy sauce**, **1 1/2 tbsp vinegar**, **1 tbsp water** and **pepper**. Mix to combine.



4. FOLD THE DUMPLINGS

One at a time, dip rice paper rounds in water and place on a damp surface (see notes). Spoon 1/3 cupfuls filling onto centre of the round. Fold each side over so the filling is enclosed. Repeat this step so the dumpling is wrapped twice.



2. STIR-FRY THE MUSHROOMS

Heat a large frypan over medium-high heat with **sesame oil**. Peel and grate ginger. Add to pan along with reserved spring onions, mushrooms and **2 tbsp soy sauce**. Cook for 5 minutes.



5. COOK THE DUMPLINGS

Coat base of the reserved fry pan with **oil**. Add dumplings to the pan as you go and cook for 2-3 minutes each side until crispy. Remove to a plate.



3. ADD THE EGGS & COOK

Meanwhile, crack eggs into a bowl and whisk to combine. Once mushrooms are cooked, add coleslaw and whisked eggs to pan. Stir-fry for 1-2 minutes to scramble eggs. Season with **salt and pepper**. Remove to a bowl and reserve pan.



6. FINISH AND SERVE

Divide dumplings among plates. Serve with fresh snow pea sprouts and dipping sauce.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

