



UNIT 7 - Recipe 2

Vegan Rice Paper Packet with Tofu And Vegetables

for 4 Persons

Quantity / Ingredients:

For wrapping:

20 sheets rice paper

Filling:

180 g tofu

200 g mushrooms (finely diced)

2 small carrots (Finely diced)

150 g cabbage (shredded)

2 spring onions (chopped)

4 cloves garlic (minced)

1 tbsp rice vinegar
(or apple cider vinegar)

2 tbsp soy sauce

1 tsp sesame oil

1 tsp fresh ginger (minced)

1 g pepper

2 g salt

For frying: oil

Preparation:

Prepare the filling: Finely shred the cabbage and carrots. Dice mushrooms into small cubes. Mince garlic and ginger. Crumble the tofu into small pieces.

Cook the filling: Heat olive oil in a large pan over medium heat. Sauté the mushrooms, cabbage, carrots, tofu, garlic, and ginger until vegetables soften, about 5-7 minutes. Season with salt, pepper, soy sauce and rice vinegar. Stir in spring onions, then remove from heat and let cool.

Wrap the balls:

- Dip a rice paper sheet in water for a few seconds and lay it on the damp surface.
- Place a spoonful of filling in the center and shape into a small rectangle.
- Fold the bottom of the rice paper over the filling, then fold the top and sides, creating a pocket.
- Dip a second sheet in water and double wrap the dumpling using the same method.

Repeat the process: Continue wrapping until all the filling is used.

Pan-fry the balls: Heat oil in a pan over medium-high heat. Fry the balls for 2-3 minutes on each side or until golden and crispy.

Serve: Enjoy hot with sweet and sour sauce or a soy-vinegar dipping sauce.





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