



UCCOOK

Veggie Potsticker Stir-fry

with white sesame seeds


A simple yet totally delicious dinner! Vegetarian potstickers are tossed in a stir-fry of cabbage, carrot and onion wedges. Sprinkled with sesame seeds and spring onion.


Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 4 People

Chef: Thea Richter

 Adventurous Foodie

 Simonsig | Kaapse Vonkel Satin Nectar

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Ingredients & Prep

32	Vegetarian Potstickers <i>kept frozen</i>
2	Onions <i>peeled & cut into wedges</i>
240g	Carrot <i>grated</i>
400g	Cabbage <i>thinly sliced</i>
110ml	Stir-fry Sauce <i>(80ml Low Sodium Soy Sauce & 30ml Rice Wine Vinegar)</i>
10g	Fresh Coriander <i>rinsed & picked</i>
20ml	White Sesame Seeds

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. GETTIN' STEAMY Boil the kettle. Place a large nonstick pan (with a lid) over medium-high heat with a drizzle of oil. When hot, add the frozen potstickers in a single layer, flat-side down. You may need to do this step in batches. Without shifting or moving, leave the potstickers to fry until the bases have browned, 1-2 minutes. Reduce the heat and pour enough boiling water in the pan to cover the base. Cover and steam until fully heated through, 5-6 minutes. Remove from the pan.

2. GET POT-STUCK IN! Return the pan, wiped down if necessary, to medium-high heat with a drizzle of oil. When hot, add the onion wedges and fry until soft, 4-5 minutes (shifting occasionally). Add the grated carrot and the sliced cabbage and fry until slightly softened, 3-4 minutes (shifting occasionally). Add the stir-fry sauce, 20ml of sweetener, and the fried pot stickers to the pan. Simmer until slightly reduced, 3-4 minutes. Season and loosen with a splash of warm water if it's too thick.

3. DIG IN! Bowl up the saucy potsticker stir-fry. Sprinkle over the picked coriander and the sesame seeds. Enjoy, Chef!



Chef's Tip

Place the sesame seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

Nutritional Information

Per 100g

Energy	489kJ
Energy	117kcal
Protein	2.6g
Carbs	18g
of which sugars	3.9g
Fibre	2.1g
Fat	3.5g
of which saturated	0.3g
Sodium	294mg

Allergens

Gluten, Allium, Sesame, Wheat, Sulphites, Soy

Cook
within
4 Days