



UCOOK

Spicy Broth & Dumplings

with fresh coriander & chilli flakes

Warm up with a spicy and savory broth, filled with shiitake mushroom & smoked tofu dumplings. A flavourful and satisfying meal!


Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 4 People

Chef: Thea Richter

 Veggie

 Creation Wines | Creation
Viognier/Roussanne

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Ingredients & Prep

40ml	Thai Red Curry Paste
40g	Fresh Ginger <i>peeled & grated</i>
40ml	Low Sodium Soy Sauce
32	Vegan Dumplings <i>kept frozen</i>
400g	Cabbage <i>finely sliced</i>
240g	Carrot <i>peeled & cut into matchsticks</i>
10ml	Dried Chilli Flakes
15g	Fresh Coriander <i>rinsed & picked</i>

From Your Kitchen

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

1. BOILING BROTH Boil a full kettle. Place a large pot over a medium-high heat with a drizzle of oil. When hot, add the curry paste (to taste) and the grated ginger. Fry for 1 minute, shifting constantly, until fragrant. Add 1,4L of boiling water and the soy sauce. Mix until fully combined. Reduce the heat until a gentle simmer.

2. DUMPLINGS When the broth is simmering, lower the frozen dumplings into the broth. Cover with the lid and leave to simmer for 6-7 minutes.

3. FINISHING TOUCHES When the dumplings have 3-4 minutes remaining, add the sliced cabbage, ½ the julienne carrot, and ½ the chilli flakes (to taste) to the broth. Leave to simmer for the remaining time until the cabbage is slightly wilted and the dumplings are warmed through. On completion, season the broth with a sweetener of choice and a pinch of salt.

4. BEAUTIFUL BROTH Bowl up a generous helping of the broth and dumplings. Top with the remaining julienne carrots. Sprinkle over the picked coriander and the remaining chilli flakes (to taste). Dive right in, Chef!

Nutritional Information

Per 100g

Energy	537kJ
Energy	128kcal
Protein	2.8g
Carbs	19g
of which sugars	3.8g
Fibre	2.2g
Fat	3.9g
of which saturated	0.3g
Sodium	356mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Soy

Cook
within 1
Day