



Preparation time: 45 minutes Serves 4

Seafood Dumplings in Bonito Broth

This delicious, warming soup features an innovative way of using cabbage as dumpling wrappers, making for a creative presentation!

INGREDIENTS

Prawns	300 g (11 oz), peeled and deveined
Boneless red snapper fillet	300 g (11 oz)
Water chestnuts	30 g (1 oz), peeled and finely chopped
Egg white	1
Garlic	1 clove, peeled and chopped
Salt	a pinch
Ground white pepper	a pinch
Chinese cabbage	12 leaves
Spring onions (scallions)	4 stalks, roots removed, blanched + a handful for garnish
Light soy sauce	1 tsp
Hondatsu	1 tsp
Water	500 ml (16 fl oz)

METHOD

- Using the back of a knife, mince prawns and fish together until fine. Place in a mixing bowl and add water chestnut, egg white, garlic, salt and pepper and mix well. Set aside.
- Bring a pot of water to the boil. Blanch cabbage leaves for about 15 seconds, then drain and lay out on a flat work surface.
- In the middle of each leaf, spoon in 1–2 Tbsp prawn and fish mixture. Gather sides of leaves up together and secure using spring onion leaves, like a parcel. Set aside.
- In a pot, combine soy sauce, Hondatsu and water. Bring to a gentle simmer over low heat for 5 minutes. Gently lower cabbage dumplings into stock and leave to simmer for 5–7 minutes.
- Dish out and serve immediately.

Per serve

Calories	164 kcal
Carbohydrate	3.0 g
Fat	2.4 g
Cholesterol	141.8 mg
Fibre	0.8 g