



Low FODMAP Wontons (Dumplings)

Serves: 60 wontons

Prep: 20 minutes

Cook: 10 minutes



Ingredients	Metric	Imperial
Pork, lean, minced (this can be a mix of prawn, chicken or even beef)	400 g	14.11 oz
1 tbsp cornstarch	9 g	0.32 oz
2 tsp sesame oil	6 g	0.21 oz
3 tsp ginger, grated	9 g	0.32 oz
½ cup green spring onion tops, very finely chopped	45 g	1.59 oz
2 tbsp soy sauce (to taste)	34 g	1.2 oz
1 cup cabbage, common or red, very finely diced	120 g	4.23 oz
1 tbsp tapioca or rice flour	9 g	0.32 oz
60 square wonton wrappers	410 g	14.5 oz

Method

- To make the wonton filling, combine the mince, cornstarch, sesame oil, ginger, green spring onion tops, soy sauce and cabbage in a large mixing bowl. Cover and refrigerate until ready to use.
- Lightly dust a baking tray covered with non-stick paper with rice or tapioca flour. To make wontons, place a ball of 2 teaspoons of filling in the centre, brush 2 right angle edges with water and fold on the diagonal making sure any air is expelled while sealing. Place the finished wonton on the baking sheet making sure they don't touch each other. This diagonal fold is a very simple one but you can easily fold into different shapes.
- For boiled wontons:
Boil a large pot of water. When boiling, add the wontons and cook for 5-6 minutes until they float. Remove and drain in a lightly oiled colander making sure they are slightly oiled all over so they don't stick together.
For pan-fried wontons:
Heat a little neutral oil in a pan and fry wontons until the bottoms are brown. Add some boiling water and cover pan with a tight fitting lid. Steam-fry wontons for about 5 minutes or until cooked through.

Hints

- Leftover uncooked wonton wrappers, filling and filled wontons can be frozen in airtight containers. If freezing prepared, uncooked wontons, freeze on a tray first so they do not stick together then transfer into a plastic bag or container when frozen.
- When filling wontons, cover the stack of unfilled wrappers with a slightly damp cloth to prevent the edges drying out.
- Try some finely diced water chestnuts, jicama or carrot to give the filling an extra crunch and sneak in some vegetables for the kids (and you!). These can be added by reducing the mince in the recipe. Remember to check our Monash app or booklet for serving sizes.

Serving Suggestions:

- Make a simple soup per serve, use 200 ml low FODMAP basic chicken stock or certified low FODMAP chicken stock, 2 tsp (to taste) soy sauce, 1 tsp (to taste) rice wine vinegar, sliced green onion tops and fresh chilli to taste. A sprinkle of sesame oil goes well on the top. Stir fry some Asian greens (see our app or booklet for ideas and serving sizes) to serve in the soup.
- Serve wontons with your favourite, low FODMAP dipping sauce (see the condiments section of our app for suggestions).

Nutrition Information (per serve)	
Energy	1336 Kj / 319 cal
Protein	21.80g
Carbohydrates	40.40g
Sugar	1.30g
Total Fat	8.40g
Saturated Fat	2.60g
Fibre	2.00g