

# Rice Paper Dumplings



 Serves: 1 (6 dumplings)  Prep: 15 minutes  Cook: 5 minutes  [Stack Cup](#)

Crispy, chewy parcels of goodness! These rice paper dumplings are easy to make and taste fantastic

Metric Imperial

## ingredients

Firm tofu, cut into small cubes	80 g
Chinese cabbage (wombok), shredded	75 g
1/2 carrot, grated	60 g

	<b>75 g</b>
Oyster mushrooms, finely chopped	<b>75 g</b>
Spring onion, green tops only	<b>10 g</b>
1/2 tbsp sesame oil	
1/2 tbsp soy sauce	
1/2 tbsp minced ginger	
12 rice paper rounds	
Vegetable oil for cooking	
Soy sauce and rice wine vinegar to serve	

## Method

### Step 1

Add the prepared tofu and vegetables into a bowl and stir to combine.

### Step 2

Add the soy sauce, sesame oil and ginger and stir

### Step 3

Heat a fry pan over medium heat and add filling, cook, stirring for 5 mins until wilted down

### Step 4

Prepare a plate with warm water and soak the rice paper round for 10 seconds or until soft. Place on a board and spoon two tbsp of filling into the centre. Fold bringing the top flap down, then the right and left side towards the centre and bring the bottom flap upwards to seal.

Repeat this process with a second rice paper round to make two layers to ensure it doesn't break while cooking

Step 5

Repeat with remaining rice paper and filling to make 6 dumplings

Step 6

To pan fry:

Over medium-high heat, add enough oil to the fry pan to coat the bottom. Cook on each side until golden (about 3 minutes each) and crispy. Move to paper towel once cooked to drain excess oil. Serve with soy sauce and rice wine vinegar

To air fry:

Grease the dumplings with oil on both sides (we like to use a spray oil for a light coating). Place them in the air fryer. Set the air fryer on 200°C/400°F for 12-14 minutes (flip them halfway) or until crispy on the outside.

