

cabbage dumpling wonton soup

SERVES 1 • READY IN 25 MINUTES OR LESS

PHASE 1



Ingredients:

- 8 large leaves napa cabbage
- 1 portion of shrimp, peeled and deveined, chopped fine or pulsed in a food processor
- 1 green onion, sliced, green and white parts separated
- 1 tbsp tamari, divided
- ½ tsp ground ginger
- ½ tsp ground garlic powder
- 1 tsp toasted sesame oil, divided
- 1½ cup low-fat chicken bone broth

Fill a medium-sized pot halfway with water. Fit the napa cabbage leaves into the water and bring them to a simmer, pushing the leaves into the water if they float up. Simmer for 2 minutes. Remove carefully, placing them to dry on a tea towel.

Mix ground shrimp, white parts of the green onion, ½ tbsp tamari, ground ginger, ground garlic, and ½ tsp sesame oil in a bowl with a wooden spoon.

Cut napa leaves into 8 even-sized pieces, cutting 2” of the bottom of each leaf off (most of the white part). Mix ground shrimp mixture into balls and fit them in the middle of each leaf segment. Wrap the leaves as tight as possible without tearing them. Secure them with a toothpick.

Meanwhile, bring chicken broth to a simmer. Carefully place each dumpling in the soup and simmer until the wontons are cooked through, about 7 minutes, flipping once.

Garnish with remaining greens of the green onion, tamari, sesame oil. Optionally add thin slices of napa cabbage leaves leftover from making the wrappers.