



Veggie Potstickers

What to collect	
Ingredients	Equipment
2 cups shredded red cabbage	metric measuring spoons/cups
2 cups shredded white cabbage	large frying pan with lid
1 cup diced carrots	knife
½ cup diced onion	board
1 tablespoon soy sauce	whisk
½ tablespoon rice wine vinegar	medium frying pan
1 ½ tablespoons cornstarch	small bowl
2 tablespoons water	
36 wonton wrappers	
1 tablespoon oil	
½ cup water	

What to do

1. In a medium frying pan, drizzle some oil and cook leeks on a medium heat till softened.
2. Add the cabbages and carrots to the pan and saute until slightly browned.
3. In a separate small bowl whisk together soy sauce and rice wine and 1 tablespoon of cornstarch until cornstarch is dissolved. Pour over cabbage mixture and stir until well combined.
4. In another bowl, combine water and remaining ½ tablespoon of cornstarch. Working with one skin at a time, place about 1 tablespoon of filling in the middle.
5. Dip your finger in the water/cornstarch mixture and run it along the entire edge of the wrapper. Fold both ends up and lightly pinch.
6. Working with one side, pleat and pinch together making sure that once pleated, the potsticker is closed. Repeat with remaining filling.
7. For cooking potstickers, heat a tablespoon of oil over medium-high heat. Place potstickers in pan so that no potsticker is touching. Cook for 1-1 ½ minutes until bottom is browned.
8. Pour in ¼ cup of water, place a tight fitting lid on the pan and continue to cook for 3-4 minutes.
9. Serve with soy sauce.

East Bentleigh Primary School – Kitchen Garden Program