

Dim Sum – Crispy Baked Wontons with Quorn

24 wonton wrappers
1 tsp oil – sunflower or sesame
½ pack quorn mince
1 bunch spring onions
1 clove garlic
2-3cm of ginger
1 tsp Chinese 5 spice
1 chilli (optional)
4-5 tbsp plum sauce
2tbsp dark soy sauce
Black pepper to taste (optional)
Oil for spraying

1. In 24cm sauté pan, heat oil and add spring onions, lightly sauté
2. Use garlic press to squeeze garlic and ginger, add to the pan, add spice and chilli if using, cook for a minute then add quorn mince. Stir fry until hot
3. Remove from the heat and add soy sauce and plum sauce, mix well and add pepper, set aside
4. Spritz the mini muffin pan with kitchen spritzer and add the wonton wrappers placing one in each well, press lightly with mini-tart shaper
5. Using the small scoop, add a scant scoop of filling to each of the wonton wrappers. Lightly spritz again with kitchen spritzer
6. Bake in the oven approx 180 degrees for 8-10 minutes until wontons golden and crisp
7. Serve as an appetizer, buffet dish or side dish to a Chinese meal.

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