



GLOBAL PRINCIPAL PARTNER

**Nutritious Recipes
brought to you by
AIA and School of Wok**

WONTON SOUP



Wonton Soup Recipe

NUTRITIONAL BENEFITS

- ✓ High in protein, essential for your body to build and repair tissue
- ✓ High in collagen, promoting bone strength and healthy skin
- ✓ Immune system booster due to garlic and ginger
- ✓ Rich in anti-oxidants (Vitamin B6, B12, K), good for the heart and lowers risk of infection

Ingredients

Filling

- 200g raw tiger prawns
- 1 clove garlic
- 5 slices ginger
- 2 spring onions
- 1 handful coriander
- 15-20 wonton pastries

Marinade

- 2 tbsp light soy sauce
- Pinch of sugar
- Sesame oil to cover

Soup

- 3 slices ginger
- 300ml chicken or vegetable stock
- 3 tbsp oyster sauce
- 2 spring onions

Preparation

The Filling

1. Finely chop the garlic, ginger, spring onions & coriander and place in a large prep bowl.
2. Add the smashed prawns to the bowl.
3. Season with soy sauce, a pinch of sugar and cover with sesame oil and mix well.



The Folding

1. Place 1 tsp filling in the centre of the pastry.
2. Using the tip of your finger wet all sides of the pastry with cold water.
3. Fold bottom corner over the filling to the top corner and press pastry down to seal all sides (to form a triangle).
4. Holding the base of the filling with your thumbs, pull the 2 corners of the triangle towards each other, overlap the ends and then press together to form a 'trough' shape.
5. Place aside and fold all wontons the same way.

Cooking

The Soup

1. Place the stock in a sauce pan and heat through.
2. Add roughly ½ tsp salt, 3 slices of ginger and 3 tbsp oyster sauce. Stir and bring to boil.
3. Boil for 20 minutes and taste for seasoning.
4. Keep on rolling boil and add wontons to the soup.
5. Boil for 3-5 minutes until all wontons are floating then add the noodles to reheat.
6. Serve with a sprinkle of spring onion to garnish.

TIP: Control the sodium content by making a home-made chicken broth rather than using store-bought packets.