Crispy rice paper dumplings
RECIPE

Crispy rice paper dumplings

COOK TIME	20 min
PREP TIME	10 min
MAKES	4 servings

Filled with savory cabbage and mushrooms, these crispity crunchity Rice Paper Dumplings taste like they took hours to make. But thanks to our 90 second Spanish Style Rice (or even our Quinoa Brown Rice!), they’re ready in under 20 minutes.

INGREDIENTS

- 1 package of SEEDS OF CHANGE™ Organic Spanish Style Rice™ (this also works well with our Quinoa & Brown Rice with Garlic!)
- 8 sheets Rice Paper wrappers (16 if you want to double wrap your dumplings)
- 1 tsp miso paste, dissolved in ¼ cup water
- 1 tsp ginger, minced
- 1 tsp garlic, minced
- 1 lb. fresh mushrooms, chopped
- 1 ½ cup cabbage, shredded
- 1 tsp sesame seeds
- 1 Tbsp Organic tamari soy sauce, reduced sodium
- 3/4 Tbsp Seasoned rice vinegar
- 2 scallions, chopped
- 1/4 cup olive oil

DIRECTIONS

1. Sauté mushrooms with miso, scallions, garlic, ginger until browned. Add the cabbage and cook until wilted. Add a splash of water if needed!
2. Prepare SEEDS OF CHANGE Spanish Style rice per package instructions. In a large bowl, combine rice, sauteed mushroom mixture and sesame seeds.
3. Fill a shallow dish with warm water and soak the rice papers, one at a time, for 5 seconds or until slightly softened (they will continue to soften after taking it out of the water), and then place it onto your working surface.
4. Place a spoonful of the filling into the middle of the rice paper, fold the top down, the sides in, and then bring the bottom up so the filling is completely enclosed. Repeat

with a second wrapper if you want to ensure it does not break when cooking.

5. Working in 2 batches, heat a half of the oil over medium heat in a nonstick pan. Add half of the dumplings and cook until browned, about 4 minutes. Flip and cook for 4 more, or until browned and crispy. Remove from pan and keep warm while cooking the second batch.
6. Make ahead tip - dumplings can be cooked from frozen by air frying at 400°F for 8 minutes.

NUTRITION INFO

Column 1	Column 2
Servings	4
Calories (per serving)	320
Total Fat	13g
Saturated Fat	2g
Trans Fat	0g
Total Fat % DV	17%
Saturated Fat % DV	17%
Trans Fat % DV	0%
Cholesterol	0mg
Cholesterol % DV	0%
Sodium	590mg
Sodium % DV	26%
Total Carbohydrate	47g
Dietary Fiber	2g
Sugars	5g
Total Carbohydrates % DV	17%
Dietary Fiber % DV	7%
Protein	7g
Vitamin A	N/A
Vitamin C	N/A
Calcium	2%
Iron	2mg

You might also love...



Mediterranean board

Cook time

15 min

Prep time

15 min



Salmon rice chowder

Cook time

40 min

Prep time

5 min

Roasted brussels sprouts with whole grains and fruit

Cook time

20 min

Prep time

10 min



Mushroom risotto style rice & grains

Cook time

5 min

Prep time

15 min

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