



HOME CHEF

Mushroom Potstickers with Dumpling Sauce

With Sesame Sugar Snaps and Rice



Rumor has it that potstickers were invented by accident. A man intended to boil his dumplings when the water evaporated and they ended up crisping on the bottom of the wok and voila! Delicious potstickers were born! Ours are stuffed with minced mushrooms, garlic, and ginger. Sesame stir-fried sugar snap peas and rice round out the meal.

OVERVIEW



TIME TO PREPARE



EXPERT RECIPE



DAYS BEST COOKED BY

NUTRITION

Calories: 850
Carbohydrates: 140g
Fat: 32g
Protein: 28g
Sodium: 2622mg
per serving

DIETARY



DAIRY-FREE



NUT-FREE

DRINK PAIRING

Chinese food and dry white wines like Gewurztraminer go together like puppies and babies. Or if you prefer beer, it's (always) time for a Tiger.

INGREDIENTS

6 ½ oz. Jasmine Rice
8 oz. Cremini Mushrooms
2 Garlic Cloves
2 Green Onions
1 tsp. Ginger, Chopped
5 oz. Slaw Mix
3 oz. Dumpling Sauce
1 Won Ton Wrappers, 1 pack
5 oz. Sugar Snap Peas
2 tsp. Sesame Oil
1 tsp. Sesame Seeds,
Multicolor

WHAT YOU NEED

Olive Oil
Salt
Pepper

EQUIPMENT

Small Pot
Medium Non-Stick Pan
Baking Sheet

DID YOU KNOW?

Sugar snap peas, and their delicious edible pods were actually created by Calvin Lamborn, a plant breeder, in the late 70's. Thanks Cal!

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Prepare the Ingredients and Cook the Rice

Bring a small pot with **rice** and two cups of **water** to a boil. Reduce to simmer, cover, and cook for 18-20 minutes, or until rice is tender and fluffy. Thoroughly rinse produce and pat dry. Chop **mushrooms** very finely. Mince **garlic**. Trim and thinly slice **green onions** on the bias (diagonally). *Chopping mushrooms very finely will make the filling easier to work with after they are cooked. A little extra time spent chopping is worth it here.*



Make the Potsticker Filling

Heat a medium non-stick pan over medium-high heat. Add 2 tsp. **olive oil**, finely chopped **mushrooms**, half the **garlic**, half the **ginger**, and half the **green onions** to pan and cook for 5-6 minutes, or until nicely browned. Add **slaw mix** and 2 Tbsp. **dumpling sauce** to pan and cook for 3 minutes. Season to taste with **salt and pepper**. Transfer to a baking sheet and wipe pan clean. *Spreading cooked filling on a baking sheet is a restaurant trick that allows it to cool safely and quickly.*



Make the Dumplings

Place a wet paper towel on a plate. Lay a wrapper on wet paper towel and then lay on work surface wet side up. Place 1 Tbsp. **filling** in each wrapper. Enclose filling by pinching edges to form a tight seal. If wrappers need more moisture to seal, dip your finger in water and moisten edges. *You may pleat the seal decoratively, but it's not crucial, making sure potstickers are tightly sealed is.* With seam facing up, press potstickers down on work surface to flatten bottom. Set potstickers on a plate. Repeat until all filling is used. (Makes about 20.)



Cook the Dumplings

Heat 1 tsp. **olive oil** in same pan used for filling over medium-high heat. Place **10 dumplings** in the pan (do not crowd), flat side down. Cook 2-3 minutes, or until the bottoms are brown. Add ½ cup of **water** to the pan, cover tightly, and cook for 6-9 minutes, or until dumplings are fully cooked. Transfer to a plate and repeat until all dumplings are cooked. Add an additional tsp. of olive oil to pan as needed.



Cook the Sugar Snaps Peas

Wipe out same pan used for dumplings and heat 1 tsp. **olive oil** over high heat. Add **sugar snap peas** to pan and cook for 2-3 minutes. Add remaining **garlic** and **ginger** to pan and cook for 30 seconds. Add half the **sesame oil** and season to taste with **salt and pepper**.



Plate the Dish

Place a portion of **rice** and **sugar snap peas** on a plate and arrange **potstickers** alongside. Add remaining **sesame oil** and a pinch of **sesame seeds** to remaining **dumpling sauce** and serve on the side. Garnish with remaining **green onion** and **sesame seeds**.