

Serves 2 • Serving size: 10 wontons



PREP: 15 minutes
COOK: 8 minutes

Ginger-Coriander POT STICKERS

½ lb/227 g ground pork or chicken
1 tbsp. freshly grated ginger
1 garlic clove, crushed
2 green onions, sliced thin
¼ tsp. kosher salt
20 prepared wonton wrappers
½ cup water, divided, plus more for wontons

Dipping Sauce

¼ cup toasted sesame oil
¼ cup beef, chicken, or vegetable broth
1 tsp. honey
1 garlic clove, crushed
¼ tsp. crushed red pepper flakes
¼ cup fresh cilantro, minced

1. In a large bowl stir together ground pork, ginger, garlic, green onion and salt.
2. Arrange 10 wonton wrappers on a cutting board or clean counter. Place ½ tbsp. of the pork mixture in the middle of each wonton.
3. Moisten edges of wontons and fold in half to form a triangle shape. Crimp edges to secure. Repeat, filling all wonton wrappers.
4. In a medium bowl, whisk sesame oil, broth, honey, garlic, crushed red pepper flakes and cilantro. Set aside; whisk before serving.
5. Place 10 wontons in the base of the MicroPro™ Grill with cover in the grill position. Microwave on high power 3 minutes.
6. Remove cover, add ¼ cup of the water. Immediately replace cover in the grill position and let stand 1 minute.
7. Transfer wontons to a platter, cover, keep warm. Repeat with remaining wontons.
8. Serve with dipping sauce and Asian-style vegetables.

Nutritional Information (per serving):

Calories: 410 Total Fat: 22g Saturated Fat: 7g Cholesterol: 35mg
Carbohydrate: 40g Sugar: 2g Fiber: 1g Protein: 14g Sodium: 500mg
Vitamin A: 2% Vitamin C: 15% Calcium: 4% Iron: 15%

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TO DEMO



MicroPro™ Grill

OPTIONAL



Measuring
Cups



Measuring
Spoons



Silicone
Spatula



date
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Tupperware®