

Mushroom & Cabbage Dumplings

with Roasted Bok Choy & Basmati Rice

PREP TIME: 15 minutes

COOK TIME: 30-40 minutes

SERVINGS: 2

Tonight, we're filling dumplings with a satisfying combo of earthy shiitake mushrooms and delicate napa cabbage—favorites in Chinese cuisine. We're serving our pan-fried dumplings with roasted naiyu bok choy (a variety with crisp white stalks and crinkly dark green leaves) and a soy dipping sauce on the side. A garnish of peanuts provides a bit of nuttiness that complements the savory sauce.



BLUE APRON WINE PAIRING:

Arco von Kammersbründl Grüner Veltliner, 2015

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Ingredients



12
DUMPLING
WRAPPERS



1/2 cup
BASMATI RICE



6 oz
NAIYU BOK CHOY



1/2 lb
NAPA CABBAGE



6 oz
SHIITAKE
MUSHROOMS



2 cloves
GARLIC



2
SCALLIONS

KNICK KNACKS:



3 Tbsp
ROASTED
PEANUTS



2 Tbsp
BUTTER



1 1-inch piece
GINGER



1 Tbsp
RICE VINEGAR



1/4 cup
SOY GLAZE



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1 Prepare the ingredients & make the dipping sauce:

- ☐ Preheat the oven to 475°F.
- ☐ Wash and dry the fresh produce.
- ☐ Stack the wrappers on a plate and cover with a damp paper towel.
- ☐ Cut off and discard the mushroom stems; thinly slice the caps.
- ☐ Peel and mince the ginger.
- ☐ Cut out and discard the core of the cabbage; thinly slice the leaves.
- ☐ Cut off and discard the root ends of the scallions. Thinly slice on an angle, separating the white bottoms and green tops.
- ☐ Cut off and discard the root ends of the bok choy; separate the leaves.
- ☐ Peel and mince the garlic.
- ☐ Roughly chop the peanuts.
- ☐ In a bowl, combine the **soy glaze** and **vinegar**. Season with salt and pepper to taste.

2 Cook the rice:

- ☐ In a small pot, combine the **rice**, a **big pinch of salt** and **1 cup of water**; heat to boiling on high. Once boiling, cover and reduce the heat to low. Cook 14 to 16 minutes, or until the water has been absorbed and the rice is tender. Remove from heat and fluff the cooked rice with a fork. Set aside in a warm place.

3 Make the filling:

- ☐ While the rice cooks, in a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **mushrooms**; cook, stirring occasionally, 5 to 7 minutes, or until browned and crispy. Add the **ginger**, **cabbage** and **white bottoms of the scallions**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until wilted. Transfer to a cutting board; finely chop. Transfer to a bowl; season with salt and pepper to taste. Rinse and wipe out the pan.

4 Roast the bok choy:

- ☐ While the filling cooks, place the **bok choy** and **garlic** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to thoroughly coat. Arrange in a single, even layer. Roast 7 to 9 minutes, or until the leaves are lightly browned and the stems are tender when pierced with a fork. Remove from the oven and set aside in a warm place.

5 Assemble the dumplings:

- ☐ Fill a small bowl with lukewarm water. Place the **wrappers** on a work surface. Spoon about 1 tablespoon of the **filling** into the center of each wrapper (you may have extra). Working 1 at a time, using your fingers, lightly moisten the edges of the wrappers with water; carefully fold the wrappers in half over the filling. Press down on the edges with a fork to crimp and seal. Transfer to a plate; cover with a damp paper towel.

6 Cook the dumplings & plate your dish:

- ☐ In the same pan, heat a thin layer of oil on medium-high until hot. Once the oil is hot enough that a dumpling sizzles immediately when added, add the **dumplings** in a single layer. Cook 2 to 3 minutes on the first side, or until golden brown. Add the **butter**; flip the dumplings. Cook 2 to 3 minutes, or until golden brown and crispy. Transfer to a paper towel-lined plate. Divide the **cooked rice**, **cooked dumplings** and **roasted bok choy** between 2 dishes. Garnish the dumplings with the **green tops of the scallions**. Garnish the bok choy with the **peanuts**. Serve with the **dipping sauce** on the side. Enjoy!

