

Vegetable Pot Stickers with Sesame-Ginger Dipping Sauce

Sauté

Steam

YIELD:

30 pot stickers

PREP TIME:

45 minutes

COOK TIME:

20 minutes

INGREDIENTS

POT STICKERS

- 5 tablespoons (75 ml) canola oil, divided
- 8 ounces (225 g) shiitake mushrooms, caps sliced, stems discarded
- 1 tablespoon (15 ml) less-sodium soy sauce
- 3 scallions (white and light green parts), thinly sliced
- 1 small bunch of kale, thick stems and inner ribs discarded, leaves torn into pieces (about 6 cups, or 400 g)
- ½ teaspoon kosher salt
- 1 medium carrot, grated
- 30 square wonton wrappers
- ¾ cup (180 ml) water, divided

DIPPING SAUCE

- ½ cup (120 ml) less-sodium soy sauce
- ⅓ cup (80 ml) rice vinegar
- 2 tablespoons (30 ml) hot pepper sesame oil or toasted sesame oil
- 2 tablespoons (16 g) finely grated fresh ginger
- 2 teaspoons packed dark brown sugar

1. To make the filling, in a large skillet, heat 2 tablespoons (30 ml) of the canola oil over medium-high heat. Add the mushrooms and cook, stirring often, until tender, 3 to 4 minutes. Stir in the soy sauce and scallions. Add the kale and salt, and stir to coat. Reduce the heat to medium, cover tightly, and cook, stirring occasionally, until tender, 3 to 4 minutes. Stir in the carrot. Let cool.
2. To form the pot stickers, place a heaping teaspoon of the filling into the center of a wonton wrapper. Moisten the edges with water, fold over into a triangle, and press the edges tightly together to seal. Repeat with the remaining filling and wrappers.
3. To make the dipping sauce, in a small bowl, stir together the soy sauce, vinegar, sesame oil, ginger, and brown sugar.
4. Turn the Instant Pot® on to [Sauté]. Heat 1 tablespoon (15 ml) of the canola oil. Add a single layer of pot stickers (you should be able to fit 10) and cook until the undersides are golden brown, about 1 minute. Press [Cancel].
5. Add ¼ cup (60 ml) of the water. Lock the lid. Press [Steam] and cook for 3 minutes. Use the “Quick Release” method to release the steam, then open the lid. Transfer to a plate. Wipe out the pot and repeat steps 4 and 5 two more times with the remaining pot stickers, canola oil, and water.
6. Serve the pot stickers with the dipping sauce.

