



EASY TOFU RICE PAPER DUMPLINGS WITH JAFFA DIP

Makes

8

Time

20
Minutes

Level

Simple

Kcal

80
per portion

Our step-by-step guide

Step 1

In a large pan over a medium heat, add a splash of sesame oil. Add in garlic, spring onions, carrots, cabbage and pepper. Cook until softened, stir through the tamari and tofu, cooking for an additional 2-3 minutes. Season to taste, then set aside.

Step 2

Fill a large dish with warm water. Dip each rice paper wrapper into the water for a few seconds until it starts to soften. Lay the wrapper flat on baking paper.

Step 3

Place a few tablespoons of the vegetable-tofu mixture onto the centre of the wrapper. Fold the lengths over the filling, then fold the bottom and top up into a tight parcel. Repeat with remaining wrappers and mixture, then lightly brush each one with a bit of olive oil.

Step 4

Preheat the air fryer to 200°C (390°F). Place the dumplings into the air fryer basket without overcrowding. Cook for about 6-8 minutes, or until golden and crispy, turning halfway through.

Step 5

In the meantime, make dipping sauce by whisking together orange juice, Tamara, rice vinegar, honey, orange zest, minced garlic, grated ginger, and sesame oil.

Step 6

Serve the hot dumplings with the orange dipping sauce on the side for dipping.

Step 7

Enjoy!

You will need

- 8 x Rice Paper Wrappers
- 2 x Garlic Cloves (minced)
- 1 x Red Pepper (thinly sliced)
- 1 x Bunch of Spring Onions (sliced)
- 1 x TBSP Tamari
- 1 x TBSP Sesame Oil
- 250g Firm Tofu (crumbled)
- 110g Shredded Carrots
- 89g Cabbage (finely chopped)
- Salt and Pepper to taste

For the dipping sauce:

- 1 x Juicy Jaffa Orange (zested and juiced)
- 1 x Small Garlic Clove (minced)
- 2 x TBSP Tamari
- 1 x TBSP Rice Vinegar
- 1 x TBSP Honey
- ½ x TSP Ginger (grated)
- ½ x TSP Sesame Oil

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