



# SHRIMP & BROWN RICE POTSTICKERS

## QUICK INFORMATION

TIME



1 HR 20 MINS

SERVES



MAKES 24 POTSTICKERS, 6 SERVINGS OF 3 POTSTICKERS

CALORIES



240

## INGREDIENTS

3/4 cup of Lundberg Long Grain Brown Rice, fully cooked

1 package wonton wrappers

12 oz shrimp, peeled, veins removed

1 Tbsp sesame oil

1 Tbsp sugar

1 tsp fish sauce

1 cup fresh cilantro leaves, loosely packed

2 tsp. of garlic chopped (about 3 cloves)

1-2 Tbsp of ginger chopped

Optional: 1/2 tsp black pepper or chili flakes

1/2 cup grated carrots

1/2 cup minced water chestnuts

2 Tbsp vegetable oil for cooking

Garnish: Toasted sesame seeds Sliced green onions

## NUTRITIONAL FACTS

Serving Size: 3 potstickers

### AMOUNT PER SERVING

**Calories** 240      Calories from Fat

**Total Fat** 8g  
Saturated Fat 1g

**Cholesterol** 75mg

**Sodium** 590mg

**Total Carbohydrates** 30g  
Fiber 2g  
Sugar 3g

**Protein** 12g

## PREPARATION

Add shrimp, oil, sugar, fish sauce, cilantro, garlic, ginger and pepper or chili flakes into food processor and pulse to make a chunky paste. In a bowl, mix shrimp paste, carrots, water chestnuts and cooked Lundberg Long Grain Brown Rice.

Fill the wonton wrappers as directed on package sealing the edge with a dab of water on your finger.

Refrigerate or freeze on a baking sheet lined with parchment until ready to use.

Heat a small amount of oil in a sauté pan, and lightly brown filled potstickers on one side. Flip, and add water to cover bottom of pan. Cover and steam about 4-5 minutes.

Top with sesame seeds and green onion and serve with your favorite dipping sauce.