

Vegan Gyoza

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-tofu-recipe-chinese-style>

Ingredients:

- 1 tofu package, firm frozen, thawed, washed
- 1/2 cup quinoa
- 2 7/8 cups cabbage
- 4 scallions minced
- 2 cloves garlic grated
- 1 inch ginger fresh, about 1 tablespoon
- 2 tablespoons toasted sesame oil
- 1 tablespoon soy sauce
- 1 tablespoon sake
- 1 tablespoon potato starch
- 1 teaspoon salt
- 1/4 teaspoon white pepper
- 2 dried shiitake mushrooms
- 40 gyoza wrappers a.k.a. potsticker wrappers
- vegetable for frying
- 2 tablespoons soy sauce
- 2 tablespoons rice vinegar
- chili oil optional

Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 70 grams
3. Cholesterol: 5 milligrams
4. Fat: 15 grams
5. Fiber: 6 grams
6. Protein: 13 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 1750 milligrams
9. Sugar: 1 grams

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