

Mushroom Wonton Soup

30 *Minutes to the Table*

20 *Minutes Hands On*

2 Whisks *Easy*

Homemade wontons are easier and more delicious than you ever imagined. We're sending you fresh wonton wrappers and a flavorful mushroom filling, and you get to fold and sauté them. Combine them with a mushroom and bok choy soup, and you've got a restaurant worthy dinner in thirty minutes.

Getting Organized

EQUIPMENT

- Large Skillet
- Large Saucepan

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

6 MEEZ CONTAINERS

- Wonton Filling
- Wonton Wrappers
- Vegetable Broth Starter
- Bok Choy
- Tofu
- Green Onion

Make the Meal Your Own

Want to spice it up? Add Sriracha or Gochujang to this soup. Both are delicious but remember to start with just a little bit and add more till it hits your desired spice level.

Good to Know

Our cage-free chickens thrive on an all-natural diet. They are never fed growth hormones and receive no antibiotics in their feed, their water, through intramuscular injection, or even the egg...ever.

Health snapshot per serving – 185 Calories, 12g Protein, 3g Fat, 2 Freestyle Points.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Shitake Won Ton Wrapper, Tofu, Mushroom, Bok Choy, Green Onion, Garlic, Ginger, Tamari, Miso, Lemongrass.

meez meals

1. Assemble the Wontons

Remove the sliced shitake mushrooms from the **Wonton Filling** container and set aside.

Separate the **Wonton Wrappers** and arrange on a flat surface. Fill the center of each wrapper with 1 Tbsp of filling. When finished, you will have about half of the Wonton filling remaining. We will use that in step 3.

Dip your finger into water and very lightly moisten the outside edges of the Wonton wrappers. Fold the wrappers closed, forming a triangle, encasing the filling. Firmly pinch the edges of the wrappers to seal them and then crimp the edges with a fork.

2. Cook the Wontons

Heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is very hot, place the filled wontons into the pan and cook until the wrapper turns light brown, about 2 minutes. Flip and brown the other side. Remove the Wontons from the heat and set aside.

3. Prepare the Soup

Heat 2 cups water, the **Vegetable Broth Starter**, and the remaining Wonton filling in a large saucepan over high heat. Cover and bring to a boil.

While the soup is warming, cut the **Bok Choy** in half lengthwise and then in quarters.

Once the soup is boiling, add the cooked Wontons, **Tofu**, sliced shitake mushrooms, and bok choy.

Reduce the heat to low, cover and simmer until Wontons float to the top and bok choy and mushrooms are soft, about 5 minutes. Remove from heat.

4. Put It All Together

Ladle the soup into serving bowls, top with the **Green Onion** and enjoy!

Bok Choy is a delicate green and wouldn't hold up if we cut it in advance in the Meez Kitchen.