

Vegetable goyza

Prepared and presented by the students participating in the Kimberley 'Share It' program Broome Senior High School

Traffic light category: **Green**

Serves: 30 pieces

Gyoza, gow gee or wonton wrappers can be found in most supermarkets.

Ingredients - gyozas

- ¼ white cabbage, finely chopped
- 1 small carrot, grated
- ½ onion, finely chopped
- 1 celery stalk, finely chopped
- 250g canned water chestnuts, drained
- 1 tablespoon corn flour plus extra for dusting
- 1 tablespoon reduced salt soy sauce
- ½ teaspoon sesame oil
- 1 teaspoon sugar
- ¼ teaspoon white pepper
- 1 packets wonton wrappers
- 2 tablespoons vegetable oil

Ingredients - gyoza sauce

- 1 tablespoon sugar
- 2 tablespoons malt vinegar
- 1 long red chilli, deseeded and chopped
- 1 garlic clove, finely chopped
- ¾ cup salt reduced soy sauce
- 2 teaspoon sesame oil

Method

1. Place all vegetables in a large bowl.
2. Mix cornflour, soy sauce, sesame oil, sugar and pepper in a small bowl, add to vegetables and mix
3. Place teaspoons of vegetable mixture in the centre of each wonton wrapper
4. Moisten edge with a little water, fold over opposite edges and press down to seal into a crescent shape, place on a tray dusted with cornflour. Continue until all mixture is used
5. Heat a large fry pan over medium heat, add one teaspoon of vegetable oil, place some of the goyzas into the pan, don't over crowd, they shouldn't be touching. Cook for two minutes on low heat until just beginning to brown
6. Add one tablespoon of water to pan and immediately cover the pan with a lid
7. Cook for two more minutes, remove from heat and rest in pan for one more minute, repeat with remaining goyzas
8. To make the sauce, place sugar and vinegar in small saucepan over low heat until sugar has dissolved. Remove from heat and add remaining ingredients, mix well
9. Allow to cool before serving with goyzas.



