Prawn dumpling soup

- **Dairy-free**
- **Lactose-free**
- **Nut-free**
- **Peanut-free**
- **Low fat per serve**
- **No added sugar**
- **High in Dietary Fibre**
- **High in Protein**
- **1 serve Veg or Fruit**

Seafood lovers, this surprisingly quick prawn and dumpling soup will be your new go-to weeknight recipe.

- Serves:4
- Cooktime:15 mins
- Preptime:10 mins

Ingredients

- 1 tsp olive oil

- 2 garlic cloves, finely chopped

- 4cm-piece ginger, peeled, halved, cut into short matchsticks

- 4 cups (1L) salt-reduced chicken stock

- 1 tbs soy sauce

- 1 tsp sesame oil

- 630g pkt Mr Chen's Ginger Prawn Dumplings

- 300g Coles Asia Thin Egg Noodles

- 1 bunch pak choy, quartered

- 3 spring onions, thinly sliced

- Sesame oil, extra, to drizzle

- Toasted sesame seeds, to serve

- Sliced red chilli, to serve (optional)

Nutritional information

Per serve: Energy: 2570kJ/615, Cals (30%), Protein: 29g (58%), Fat: 13g (19%), Sat Fat: 2g (8%), Sodium: 1868mg (93%), Carb: 91g (29%), Sugar: 7g (8%), Dietary Fibre: 4g (13%).

Check ingredient labels to make sure they meet your specific dietary requirements and always consult a health professional before changing your diet. View dietary information [here](#).

Percentage Daily Intake information on our recipes is calculated using the nutrition reference values for an average Australian adult.

Method

1. **Step 1**

   Heat olive oil in a large saucepan or stockpot over medium heat. Add garlic and ginger. Cook, stirring, for 1 min or until aromatic. Add stock, soy sauce, sesame oil and 4 cups (1L) water. Bring to a simmer over medium-high heat. Add the dumplings and cook for 8 mins or until heated through. Use a slotted spoon to transfer dumplings to a plate.

2. **Step 2**

   Return the stock mixture to a simmer. Add the noodles and cook for 3 mins, adding the pak choy and spring onion for the last 1 min of cooking.

3. **Step 3**

   Divide stock mixture and dumplings among serving bowls. Drizzle with a little extra sesame oil. Sprinkle with sesame seeds and chilli, if using.