



NATIONAL
KIDNEY
FOUNDATION
MALAYSIA

Wanton Soup

5 servings

INGREDIENTS

- 35 pieces wanton skin
- ½ cup Chinese cabbage, shredded.
- ½ whole carrot wedged
- ¼ whole sengkung, chopped
- ½ whole carrot, chopped
- ½ tsp plain flour
- 3 tbsp sesame oil
- 0.5 kg prawn, cleaned, removed shell and head; minced
- 1 stalk of spring onion, chopped
- 6 cloves of garlic
- ¼ cube anchovies stock
- ½ tsp salt
- ¼ tsp black pepper

METHOD

- In a mixing bowl, combine prawn meat, sengkung and carrot. Add flour, ¼ tsp salt, sesame oil and black pepper. Mix well.
- Add a tablespoon of the mixture on a wanton skin and wrap it. Repeat the step.
- In a large pot of water, add in the wedged carrot, cabbage and anchovies stock. Let the soup boil.
- Add in the wanton into soup and let it boil until cook.
- Add ¼ tsp salt to taste. Serve hot.

NUTRITION FACT

Energy (kcal)	254
Protein (g)	22.7
Carbohydrate (g)	18.9
Fat (g)	9.9
Saturated Fat (g)	1.5
Fibre (g)	2.3
Sodium (mg)	656
Phosphorus (mg)	246
Potassium (mg)	401



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