

Spinach and Feta Wonton Cups

Season: Winter

Type: Main

Serves: 28 tastings

From the garden: Spinach & parsley

Class focus: Spoon mixture into wonton cups, chopping vegetables & herb



Equipment:

Large mixing bowl x 1
Wooden spoon x 1
Chopping boards and knives
Measuring spoons
Spray oil x 1
Silicone 12-holes muffin pan x 3
Serving plate x 5
Kitchen tong x 5

Ingredients:

1 onion (finely chopped)
2 tablespoons parsley (leaves only, finely chopped)
3 handfuls spinach (roughly chopped)
1 pack of feta cheese (crumbled)
200g ricotta cheese (crumbled)
 $\frac{1}{8}$ teaspoon nutmeg
10 grinds of pepper

28 pieces wonton wrappers

What to do:

1. Heat oven to 200C.
2. Wash all the vegetables and herb.
3. Prepare all of the ingredients based on the instructions in the ingredients list.
4. Put all the ingredients **except** wonton wrappers in a large mixing bowl and stir until evenly mixed.
5. Lightly spray muffin pans with oil.
6. Place one wonton wrapper in each hole, press down firmly to line base and sides.
7. Divide vegetable mixture between the wonton cups.
8. Bake in the lower rack of the oven for 12 minutes or until golden.
9. Serve into 5 serving plates with a kitchen tong in each.

Interesting terms:

Interesting techniques: Spoon mixture into wonton cups, chopping vegetables and herb.