

COOKING CLASSES
AT SUR LA TABLE

ASIAN FAVORITES
WITH WW

WITH SUR LA TABLE CHEF

IN PARTNERSHIP WITH



weightwatchers
reimagined

#WWxSURLATABLE

📍 #surlatablecookingclass #MakeMore

Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet. Please reach out for substitution suggestions.

Proteins

- 8 ounces extra-firm tofu
- 3 ounces precooked lean pork tenderloin
- 2 ounces precooked shrimp, peeled and deveined

Produce

- 2 garlic cloves
- 2 inch length of fresh ginger root
- 1 small zucchini, or yellow squash
- 1 cup snow peas
- 1 red bell pepper
- 5 medium scallions, or green onions
- 1 stalk lemongrass
- 1 lime

Refrigerated/Frozen

- Wonton wrappers

Pantry Items

- Low-sodium soy sauce
- Canola oil
- Brown rice
- Cooking spray
- Sesame Oil
- Apricot preserves
- Fish sauce

Other

- Sherry wine, or Chinese cooking wine

Equipment Needed

Below is a list of tools you'll need to make the recipes in this packet.

Cutlery

- Chef's knife
- Cutting board

Hand Tools/Gadgets

- Measuring cups
- Measuring spoons
- Liquid measuring cup
- Mixing bowls, various sizes
- Spatula
- Digital scales
- Wooden spoon
- Wok spoon, optional

Cookware

- Wok, or large nonstick skillet

Appliances

- Food processor

Bakeware

- Baking sheet

Other

- Food storage containers and labels for leftovers

Pre-Class Mise en Place and Notes

Please gather all ingredients prior to class if you will be cooking along. It is helpful to organize the ingredients by recipe on rimmed baking sheets. Feel free to pre-measure ingredients, but it is not necessary.

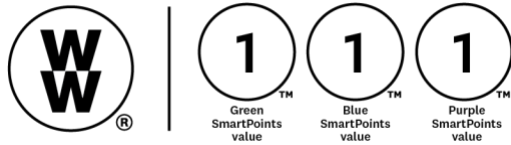
Vegetable Fried Rice

1. Cook and cool 4 cups of brown rice.
2. Wash and dry all produce.

Crispy Thai Pork and Shrimp Wontons with Sweet and Sour Dipping Sauce

1. Pre-cook pork tenderloin and shrimp if purchased raw. Weights in the recipe are for cooked proteins. If purchasing raw, buy .5 to 1 ounce more of each.
2. Preheat oven to 400°F.

CRISPY THAI PORK AND SHRIMP WONTONS WITH SWEET AND SOUR DIPPING SAUCE



Recipe yield: 20 wontons

Serving size: 1 wonton and a scant teaspoon sauce

Don't be intimidated by homemade wontons—all you do is stuff and fold and then bake until crisp. Serve with a simple sweet and sour sauce.

2 medium scallions, coarsely chopped
1 tablespoon fresh ginger root, coarsely chopped
1 tablespoon lemongrass, tender bottom parts only, chopped
1 medium garlic clove
3 oz cooked lean pork tenderloin cut into 1 1/2-inch pieces
2 oz cooked shrimp, peeled and deveined
2 tablespoons low-sodium soy sauce
1/2 teaspoon sesame oil
Cooking spray
20 wonton wrappers (plus a few extra in case some break)
2 tablespoons apricot preserves
2 tablespoons water
1 tablespoon fresh lime juice
1 tablespoon fish sauce

1. Preheat oven to 400°F.

2. **To prepare the filling:** In the bowl of a food processor fitted with a chopping blade, place scallions, ginger, lemongrass and garlic; pulse until finely chopped. Add pork, shrimp, soy sauce and oil; pulse to combine.

3. Lightly coat a baking sheet with cooking spray. Place wonton wrappers on prepared baking sheets so they look like diamonds when facing you.

4. **To prepare the wontons:** Fill a small bowl with water and using your finger or a small pastry brush, coat edges of wrappers with water. Spoon a heaping teaspoon of pork-shrimp mixture onto the middle of each wrapper; fold each wrap over the filling to make a triangle and press to seal edges.

5. Coat the tops of the wontons with cooking spray and bake, flipping once, about 3 minutes per side. If wontons are not crispy enough, cook for 1 to 2 minutes more.

6. **To prepare the dipping sauce:** While the wontons are baking, in a small bowl, stir together preserves, water, lime juice and fish sauce.

7. **To serve:** Arrange wontons on a platter with dipping sauce on the side.

VEGETABLE FRIED RICE



Recipe yield: 8 servings

Serving size: 1 cup

This fried rice cooks in a snap, and it's much healthier than the restaurant version.

8 oz extra-firm tofu

2 tablespoons sherry or Chinese cooking wine, divided

4 tablespoons low-sodium soy sauce, divided

2 teaspoons canola oil

1 large garlic clove, minced

1 inch piece fresh ginger root, peeled and minced

1 small summer squash, cubed

4 cups cooked brown rice

1 cup snow peas

1 medium sweet red pepper, thinly sliced

3 medium scallions, white and pale green parts only, thinly sliced

1. **To prepare the tofu:** Cut tofu into small cubes and place in a glass dish. Mix together 1 tablespoon of cooking wine and 1 tablespoon of soy sauce and pour over tofu to marinate while you prepare the vegetables.

2. Mix remaining 1 tablespoon of wine and 3 tablespoons of soy sauce together; set aside.

3. **To cook the tofu:** Heat a wok over high heat and add oil. When oil is hot, add drained tofu, garlic and ginger. Stir-fry about a minute, then stir in squash.

4. **To prep the rice:** After another minute, add rice, snow peas and peppers. Stir-fry until rice is hot and vegetables are hot but still crisp, 1 to 3 minutes.

5. **To serve:** Add soy sauce mixture and stir to coat evenly. Garnish with scallions; serve.

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**In 6-mo study, 88% of participants said *myWW* was an easier way to lose weight vs. when they tried on their own, funded by WW.

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