

Chicken Dumplings

Ingredients:

- ❖ 200-300g of mince chicken
- ❖ 1-2 packet of wonton wrappers
- ❖ 2 gloves of garlic
- ❖ 1tbsp ginger
- ❖ ½ cup mushrooms, diced
- ❖ 1-2 red chilli, diced
- ❖ ¾ cup coriander, diced
- ❖ ½ cup salt reduced soya sauce
- ❖ ½ cup light sweet chilli sauce
- ❖ 1tsp sunflower oil

Serves 2



Method:

Dice chilli, mushrooms and coriander, then add to a mixing bowl. Next add the raw chicken mince, garlic and ginger and knead until combined. Next get 1 wonton wrapper and place 1 tsp of the chicken mixture into the centre. Next lightly brush on side of the wonton wrapper with water. From here you fold over the wonton wrapper and press the pastry together. Here is the creative part. To make the dumplings look pretty simply fold the seam back on top of itself every cm. To cook, steam the dumplings in boiling water for 3 minutes. Then remove and place in a frying pan (with oil) for a few minutes, until golden brown. Finally, to serve, place dumplings on a bed of spinach with dipping sauces on the side (soya sauce and sweet chilli sauce).