



# Steamed Dumplings

## Ingredients

- 150g of chicken, minced
- 1 stalk of xiao bai chye, shredded
- 1 small carrot, shredded
- 20 sheets of dumpling skin
- 100g of water chestnuts, diced (optional and can be added to the minced chicken)

## Seasoning:

- 2 tbsp of light soy sauce\*
- A dash of pepper
- 1 tsp of sesame oil\*
- 1 tbsp of corn flour

## Method

- Mix shredded carrots, xiao bai chye, minced chicken and seasoning evenly to form the filling.
- Fill a dumpling skin with a teaspoonful of the filling.
- Fold over the filled dumpling skin into a half moon shape, make small pleats at the edges and seal the edges with some water.
- Place dumplings into a steamer for about 15 mins. Serve.

## Tips:

- Steaming is a healthier method of cooking as it does not require any oil and the vitamins are retained in the food.
- Choose healthier cooking methods whenever possible.
- Deep frying uses a lot of oil which is absorbed into the food when cooking, increasing its fat content.



\* Choose products with the Healthier Choice Symbol.