

Family Meal

ASIAN CHICKEN DUMPLINGS

INGREDIENTS

- 500g minced chicken
- 4 spring onions, chopped
- 1/2 cup chopped cabbage
- 1/4 cup chopped fresh coriander
- 2 teaspoons grated fresh ginger
- 1 teaspoon salt
- 1/4 teaspoon Chinese five-spice powder
- 2 tablespoons water
- 1 pack dumpling wrappers
- Cabbage leaves for steaming
- Soy sauce

**JUNIOR CHEF
CHALLENGE**



UP FOR THE CHALLENGE?

SCAN THE QR CODE AND FIND A RECIPE
TO MAKE YOUR OWN WRAPPERS!



**SOUTH
MELBOURNE
MARKET**
SINCE 1867

**JUNIOR
CHEF**

ASIAN CHICKEN DUMPLINGS



METHOD

STEP 1

In a large bowl place chicken, spring onions, cabbage, coriander, ginger, salt, Chinese five-spice powder and mix well with a large metal spoon.

STEP 2

Place 1 tablespoon chicken mixture in the centre of 1 wrapper. Moisten the wrapper edges with water. Fold wrapper in half over filling to form a semicircle; press them closed to seal.

STEP 3

Holding the closed edges, stand each dumpling on an even surface; press to flatten bottom. Repeat with remaining wrappers and filling, cover dumplings with plastic wrap.

STEP 4

Line a steamer basket with 4 cabbage leaves or baking paper. Arrange dumplings in batches 2.5 cm apart over cabbage; place in a large saucepan over 2.5 cm of water. Bring to a boil; cover and steam for 10–12 minutes. Throw out cabbage. Repeat. Serve with soy sauce.

COOKING TIP: STEAMER BASKETS ARE AVAILABLE TO BUY AT GOLDEN DRAGON.



JUNIOR CHEF CHALLENGE:

Make the wrapper dough now and roll out.



GET A PARENT TO HELP YOU TURN ON THE STOVE AND HELP YOU STEAM YOUR DUMPLINGS.