



RICEPLUS

Rice just got better...

STEAMED CHICKEN & MUSHROOM DUMPLINGS

INGREDIENTS

3/4 cup RICEPLUS Ancient Grains, cooked & drained	1 tsp sesame oil
250g chicken mince	black pepper to taste
1 cup mushrooms, finely chopped	2 tblsp coriander leaves, finely chopped
1 clove garlic, finely chopped	1 tblsp soy sauce
1 spring onion, finely chopped	1 pkt Gow Gee Wrappers
1/2 tsp ginger, grated	1 egg, beaten
1 tsp oil	

METHOD (STOVE TOP)

1. In a large bowl combine the cooked & drained RICEPLUS and chicken mince. Mix well.
2. Heat a non-stick frying pan over a medium heat and sauté the mushrooms, garlic, spring onions and ginger in the combined oils 2-3 minutes.
3. Season with pepper and add the coriander leaves. Cool mixture and fold through the combined rice & chicken mince.
4. Lay 6 Gow Gee wrappers on a flat surface brush the edges with beaten egg.
5. Place 1 teaspoon of mixture into the centre of each wrapper, fold the edges of the wrapper towards the centre and secure the filling pressing the edges together to secure filling. Twist the top to seal. Set aside the dumplings and repeat with remaining filling and wrappers.
6. To Cook: Place dumplings onto silicone paper inside a steaming basket and steam dumplings over simmering water or stock for 7-8 minutes.
7. Serve hot with soy sauce.

TIPS

- Filling maybe prepared with green prawns or pork mince in place of chicken.
- For a vegetarian option use Silken Tofu in place of chicken mince.
- Dumplings maybe prepared and frozen until required. Store in an airtight container frozen for up to 6 months.

For more information visit: www.riceplus.com.au

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COOKING TIME: 25 MINS
SERVING SIZE: MAKES 36