

Gyoza



Serves: Makes 20 gyozas

Prep time: 20 minutes

Cook time: 10-20 minutes

Ingredients

- 2 cups finely shredded cabbage
- 1 tablespoon canola or vegetable oil
- 2 spring onions, finely sliced
- 1 garlic clove, crushed
- 2 teaspoons grated ginger
- 2 teaspoons salt reduced soy sauce
- ½ teaspoon sesame oil
- 150 grams pork mince
- 20 gyoza or wonton wrappers
- 1/3 cup water

Method

1. Sauté the cabbage with ½ tablespoon of canola or vegetable oil in a large skillet over a medium heat until wilted to half its volume. Transfer sautéed cabbage to a large bowl.
2. Add the spring onions, garlic, ginger, soy sauce, sesame oil and pork mince to the bowl with the sautéed cabbage. Massage the mixture with your hand until it is evenly mixed and slightly sticky or tacky in texture.
3. Spoon about one teaspoon of the pork mixture into the centre of a gyoza or wonton wrapper. Dip your finger in water and wet the outer rim of the wrapper. Fold the wrapper over and pinch the edges to close.
4. When ready to cook the gyoza, heat ½ tablespoon of canola or vegetable oil in a non-stick frying pan over a medium heat. Working in batches, add the gyoza to the frying pan. Once crispy and golden brown on one side, turn gyoza over and allow the other side to turn golden brown.
5. Using the lid as a shield, pour about ¼ cup of water into the frying pan and quickly place the lid on top to contain the steam and splatter. Let the gyoza steam in the frying pan for 1 – 2 minutes, or until most of the water has boiled or steamed away.
6. Remove the lid and let the gyoza cook for one more minute, or until the bottom is crispy again.
7. Repeat with remaining gyoza.
8. Serve hot and enjoy!

Dietitian's Tip: Gyoza are not only delicious, but they can also be a balanced meal when vegetables are included in the filling.