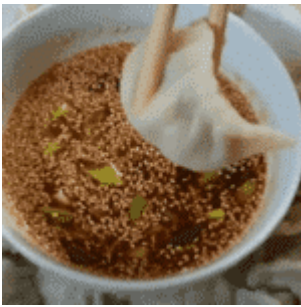


# Chicken and Veggie Dumplings



**Chicken and Veggie Dumplings** is a popular dish in the Chinese food world. Dumpling's history is very old around 225 AD (Wikipedia). Dumpling is a huge classification for a food dish that consists of dough wrapped around a filling, or of dough with no filling. The dough can be based on bread and may be filled with meat, chicken, and vegetable. However, savory dumplings made from balls of dough are part of traditional British and Irish cuisine. Dumplings are available in supermarkets in various commercial preparations. But these are either frozen or canned. We are going to make homemade chicken and veggie dumplings at home with fresh ingredients.

## **Ingredients For the Filling:**

- 1 carrot
- 2 green chilies
- 2 cups cabbage
- 1 cups spring onions
- 300g boneless chicken
- 1tbsp black pepper
- 1tsp chili flakes
- A tsp salt
- 1tsp vinegar
- 1tsp soy sauce

## **Ingredients For the Dough:**

- 2 cups flour
- One tsp salt
- 1cup water some flour (to use when rolling the dough)

## **Ingredients For the Sauce:**

- 2tbsp soy sauce
- A tsp vinegar
- 1/4 cup ketchup
- 2tsp sweetener
- 1/4cup water
- 2tbsp toasted sesame seeds
- 1/4 cup chopped spring onions
- 2tbsp honey

## **Recipe Benefits:**

- No oil, so this is a low cholesterol recipe
- No sugar. it is the best food for health-conscious people

YouTube Video Link