

PREPARATION: 1 HOUR

COOKING: 30 MINUTES

4 SERVINGS (20 DUMPLINGS)

PORK DUMPLINGS



INGREDIENTS

Sauce

- 2 tablespoons mayonnaise
- 2 teaspoons rice vinegar
- 2 teaspoons honey
- 1 teaspoon hoisin sauce
- ½ teaspoon sesame oil
- ½ teaspoon fresh ginger, grated
- ½ teaspoon Sriracha sauce (optional)

Filling

- 1 tablespoon vegetable oil
- 400 g pork tenderloin, cut into short, thin, strips
- ½ teaspoon garlic powder
- 1 tablespoon vegetable oil
- 4½ cups coleslaw mix
- 1 teaspoon honey
- 3 green onions, cut in rings
- 3 garlic cloves, minced
- 1 tablespoon fresh ginger, grated

- 2 teaspoons hoisin sauce
- 2 teaspoons rice vinegar
- ½ teaspoon Sriracha or other sauce (optional)
- ½ cup fresh mint, chopped
- ½ cup fresh cilantro, chopped
- 20 sheets rice paper (22 cm)
- 3 tablespoons vegetable oil

PREPARATION

- 1 In a small bowl, combine sauce ingredients, mix with a spoon and set aside. Add water if the sauce is too thick.
- 2 In a large non-stick frying pan, prepare the filling. Heat oil over medium-high, fry pork for 5 minutes and season with garlic powder. Remove the pork and set aside. Add 1 tablespoon oil to the pan and add coleslaw mix and honey. Fry for 8 minutes or until vegetables are tender. Add a bit of water if mix is too dry. Add green onions, garlic, ginger, hoisin sauce, rice vinegar, and Sriracha sauce. Fry 3–4 minutes. Transfer the mix to a bowl and add the pork, mint, and cilantro. Stir to combine and set aside.
- 3 Oil a flat surface to fill the dumplings. Oil a baking sheet to receive the filled dumplings.
- 4 Prepare the rice paper following package instructions.
- 5 Make 1 dumpling at a time by placing ¼ cup of filling in the middle. Fold the rice paper to make pockets: Fold bottom part of rice paper over filling, followed by top part of rice paper. Fold sides to the back of the dumpling. The idea is to have a double sheet of rice paper on each side for more stability. Place filled dumpling on oiled sheet. They should not touch each other to prevent sticking.
- 6 Heat oil over medium and fry dumplings, 5 minutes on each side or until crispy brown. Let cool and serve with sauce.

Nutrient Analysis

Per serving: ¼ of recipe
(5 dumplings with sauce)

Calories	409 Kcal
Protein	24 g
Carbohydrates	49 g
Fibre	2 g
Sugars	9 g
Total Fat	29 g
Saturated Fat	3 g
Cholesterol	56 mg
Sodium	515 mg
Potassium	563 mg
Phosphorus	246 mg