

This summer dish is a low-fat healthy snack. The use of zucchini, a seasonal vegetable of the summer, adds crispiness to the dumplings. The oats make the lean meat tenderer and help to increase dietary fibre content.



Dumplings with Zucchini, Lean Meat and Oats

Nutrition Analysis: (Per Serving)

Energy (kcal)	180
Carbohydrate (g)	23
Protein (g)	12
Fat (g)	5
Dietary fibre (g)	2
Sodium (mg)	217

Ingredients: (Serves 4)

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|---------------------|-----------------------|
| 1. Zucchini, small | 1 pc. (approx. 118g) |
| 2. Minced lean pork | 4 taels (160g) |
| 3. Dumpling skin | 16 pc. (approx. 128g) |
| 4. Instant oats | 2 tbsp (approx. 10g) |

Seasoning:

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|--------------------|-------|
| 1. Light soy sauce | 2 tsp |
| 2. Sugar | ½ tsp |
| 3. White pepper | ½ tsp |
| 4. Sesame oil | 1 tsp |
| 5. Cornstarch | 2 tsp |

Method:

1. Rinse, peel, shred and cut the zucchini into small pieces.
2. Add instant oats and seasoning to the minced pork and mix well. Stir in one direction until they form into a thick paste. Then add shredded zucchini.
3. Put the filling in the centre of the dumpling skin. Wet the sides of the dumpling skin with water, fold and stick well. Press lightly to make sure that there is no air between the dumpling skin and the filling, and wrap it into a dumpling shape.
4. The wrapped dumplings can be placed on a plate sprinkled with corn starch to avoid sticking to the dumplings.
5. Cook over medium-high heat for about 10 minutes until cooked.

Nutrition / Preparation Tips:

- ✓ Oatmeal becomes translucent when soaked in water and cooked. Adding oatmeal to lean meat makes the meat softer – use this instead of fatty meat to reduce fat intake.
- ✓ The dumplings can be served with poached vegetables such as Choy Sum to increase dietary fibre intake.

Notes for Special Diets:

- ✓ Diabetic Diet: Exchange 1 serving with 2½ tablespoons of rice (2½ carbohydrate exchanges).



Department of Health

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