

Recipe: That Dimsum Roll

Side dish

Nothing beats freshly made home-made spring roll.

Preparation time: 45 minutes

Cooking time: 20 minutes

Serves 10 children

Per serving = 4 pieces

Ingredients

- 1 kg chicken breast, minced
- 3 teaspoons black pepper powder
- 3 tablespoons corn flour
- 3 tablespoons water
- 40 ml canola oil*
- 50 g garlic, finely minced
- 120 g onion, chopped
- 400 g cabbage, finely chopped
- 200 g carrot, julienned
- 6 tablespoons oyster sauce*
- 40 pieces frozen spring roll wrapper, defrosted
- For the Corn Starch Slurry, mix
 - 5 teaspoons corn flour
 - 50ml water



* Choose products with the Healthier Choice Symbol

Methods

1. Preheat the oven to 200°C.
2. Marinate minced chicken with pepper, corn flour and water for about 15 minutes.
3. Heat up the wok with oil, fry onion and garlic until fragrant.
4. Add chicken and continue to stir fry until the chicken meat turns white.
5. Add cabbage and carrot and stir-fry until softened for another 2 minutes.
6. Reduce the heat to low, add oyster sauce and stir fry them together, mixing well and the mixture is slightly dry. Remove and set aside to cool.
7. Put about 40 g of filling in the middle of the spring roll wrapper, fold the wrapper and seal it with corn starch slurry. Do this with all the spring roll wrappers.
8. Lightly coated a baking sheet with canola oil and arrange the spring rolls on it.
9. Bake for 15 minutes until golden on top, turn the spring rolls and the baking sheet around and continue to bake for another 10 minutes until golden and crispy.

Nutrition Information

(Per serving): 170 g

Energy 313.3 kcal

Protein 13.5 g

Total fat 10.8 g

Saturated fat 3.6 g

Carbohydrates 39.9 g

Dietary fibre 1.5 g

Sodium 476.3 mg

Cost Per Serving: \$ 0.96

Tips:

- *You can also bake the spring rolls in an oven toaster using the same methods.*
- *Water is added when marinating the minced chicken because it will help to soften the meat and breaks it into finer pieces when cooking.*