



## ***Xiao Bai Cai & Minced Chicken Wanton***



Leftover xiao bai cai is perfect for a lighter, fresher and healthier addition to your wonton fillings. You can make them well before hand, pop them into the freezer and you have perfect wontons at your fingertips.



## Xiao Bai Cai & Minced Chicken Wanton



By Chef Sandy

SERVES

4

### Ingredients

Chicken, minced .....	200g
Ginger, minced .....	1 tsp
Sesame oil .....	2 tsp
salt & pepper to taste .....	—
Oyster sauce .....	1 tsp
Xiao bai cai, finely chopped .....	100g
Carrot, finely chopped .....	50g
Wonton skin .....	20pcs

### Nutritional Information

(Per serving)

Energy	128 kcal
Carbohydrate	5 g
Protein	11 g
Fat	7 g
Saturated Fat	2 g
Cholesterol	45 mg
Dietary Fibre	2 g
Sodium	349 mg

### Methods

1. In a large bowl, add minced chicken with ginger, sesame oil, salt & pepper, oyster sauce and mix well.
2. Add in xiao bai cai & carrot.
3. Stir well to mix all the ingredients.
4. Wrap the mixture into wonton skin.
5. Cook the wontons in boiling water for 5-10 minutes until they float onto the surface.
6. Drain and take the wontons out from the water, serve hot.

