

Housing Channel

Title: Summer Recipe - Dumplings with Zucchini, Lean Meat and Oats

Super: Healthy Recipes for Elderly

Super: Summer Recipes
Dumplings with Zucchini, Lean Meat and Oats
Low fat and crunchy
A seasonal summer produce
Oats can give a soft texture in place of fatty meat, reducing fat intake

Super: Ingredients (4 servings):
Minced lean pork (160 g)
Zucchini 1 pc.
Instant oats 2 tbsp
Dumpling wrapper 16 pc.

Super: Shred zucchini

Super: Marinade
Light soy sauce 2 tsp
Sugar $\frac{1}{2}$ tsp
White pepper $\frac{1}{2}$ tsp
Sesame oil 1 tsp
Cornstarch 2 tsp

Super: Stir until a thick paste is formed

Super: Add shredded zucchini, stir well

Super: Wet the sides of wrapper with water, fold and stick well

Super: Sprinkle cornstarch on the plate and dumplings to avoid dumplings sticking together

Super: 10 minutes
Use medium-high heat

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Please visit Elderly Health Service, Department of Health's website for more healthy recipes
www.elderly.gov.hk