

Pot Sticker Dumplings and Soy-Vinegar Sauce

Yield: 36 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/ground-turkey-chinese-recipe-jook>

Ingredients:

- 1/2 cup soy sauce
- 1 teaspoon rice vinegar
- 1/2 teaspoon toasted sesame oil
- 2 teaspoons sugar
- 1 whole scallion trimmed and sliced
- 1 green chili thinly sliced
- 2 tablespoons water
- 1/2 pound ground turkey chicken, or pork, if using poultry, add 1 teaspoon peanut oil to the mixture
- 1 cup bok choy finely chopped
- 1/2 teaspoon peeled fresh ginger minced
- 1 garlic clove small, minced
- 1 teaspoon soy sauce
- 1/2 teaspoon sesame oil
- 1/2 teaspoon coarse salt
- 1 large egg white
- 36 dumpling wrappers
- peanut oil for frying

Nutrition:

1. Calories: 40 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 5 milligrams
4. Fat: 1 grams
5. Protein: 2 grams
6. Sodium: 300 milligrams

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