

to healthier, happier you

Get ready to a fun and delicious  
**Healthy Crispy Dumplings**

Let's dive into the simple steps:

**INGREDIENTS for 1 portion:**

175g raw chicken breast, diced  
Rice paper sheets (about 4-6, depending on size)  
1 small onion, finely chopped  
2 cloves garlic, minced  
1 small carrot, grated or finely chopped  
1/2 small bell pepper, finely chopped  
2 tsp olive oil  
2 tablespoons soy sauce  
fresh cilantro, chopped (to taste)  
Salt and pepper (to taste)  
1 tsp of ginger (fresh or powdered),  
1 tsp of paprika  
1 tsp of cumin  
1 tsp of curry / korma

**INSTRUCTIONS:**

Start by heating olive oil in a skillet over medium heat, add the onion and garlic, grated carrot and chopped bell pepper and add all the seasonings. Sauté until browned and add the diced chicken breast, cooking until it's no longer pink (about 5-7 minutes), add the soy sauce and stir in the. Remove from heat and let cool slightly.

Fill a dish with warm water. Dip one rice paper sheet in the water for about 10-15 seconds until it softens. Lay the softened rice paper on a clean surface. Place about 1-2 tablespoons of the chicken filling in the center. Fold the sides over the filling, then roll from the bottom up to enclose the filling tightly. Repeat with remaining rice paper sheets and filling.

You can either pan-fry or air fry / oven grill the dumplings. Pan-frying: Heat a little olive oil in a skillet over medium heat. Place dumplings in the skillet and cook until golden brown on both sides. Oven / Air Fry: at 230°C / 470°F for about 15-20 minutes or until they are golden brown and crispy, flipping halfway through if needed.

Serve the dumplings warm with extra soy sauce and ENJOY!

**arise**  
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