

Miele

Thai Chicken Dumpling With Lilly Pilly Dipping Sauce and Roast Sweet Potato

By Miele in collaboration with Sports Dietitians Australia

20 minutes

Prep time

50-60 minutes

Cooking time

4 Servings

Serves



INGREDIENTS

Sweet Potato

2 sweet potatoes, peeled and diced into 1cm cubes
Extra virgin olive oil

Chicken dumpling

1kg chicken mince
1 red Bird's eye chilli
2 cloves garlic
2 tablespoons ginger, peeled
1/3 bunch coriander, roots, stems and leaves
1/3 bunch basil
4 spring onions, trimmed
Salt
100g glutinous rice, soaked

Dipping sauce

250g lilly pillies or ribberries
1/4 cup BBQ sauce
1/3 cup rice wine vinegar
1 Granny Smith apple
1 teaspoon mustard powder
2 garlic cloves, peeled
1 tablespoon ginger, peeled
2 tablespoon brown sugar

METHOD

1. Place the lilly pillies in a solid steam tray and steam at 100°C for 2 minutes. They should go pale in colour.
2. Place all the dipping sauce ingredients in a blender and blend until smooth.
3. Transfer to a small saucepan and cook over medium heat, Induction setting 6, for 15-20 minutes, or until the sauce becomes thick. Set aside in the refrigerator to cool.
4. Place the diced sweet potato on a baking sheet and drizzle with oil.
5. Roast in the oven on Fan Plus at 160°C for 15-20 minutes or until tender.
6. Place the chilli, garlic, ginger, coriander, basil and onions in a food processor or blender and pulse until chopped finely, but not minced.
7. Add the chilli mixture to the chicken mince along with 2 good pinches of salt. With a gloved hand, mix thoroughly until well combined, working the chicken will ensure the chicken balls hold together well.
8. Roll into 30g balls, using an ice cream scoop, or something similar, to achieve even sized portions, and set aside.
9. Drain the glutinous rice and place on a small plate or bowl.
10. Gently roll the chicken meatballs through the rice, making sure you have even coverage.
11. Place the balls on a perforated steam tray, lined with baking paper.
12. Steam at 100°C for 8 minutes or until cooked through.

To serve

Serve with the roasted sweet potato and the lilly pilly sauce on the side.

Hints and Tips

- The sauce will keep for up to one month in the refrigerator.
- Plums can be substituted instead of lilly pillies in the dipping sauce.
- This recipe can also be served with sweet chilli sauce instead of lilly pilly dipping sauce.
- Roasted sweet potato is a great carbohydrate option to help refuel depleted muscle carbohydrate stores after training.
- Also delicious mixed through a vegetable and noodle stir-fry.
- For a lower carbohydrate option, ideal for rest days, serve with a side of steamed Asian greens.