



Gyozas (Japanese dumplings)

Ingredients (serves 2)

- Gyoza discs (6 units)
- Extra virgin olive oil
- 80 g of clean white fish
- 20g onion
- 20g cabbage
- 20g carrot
- A handful of roasted nuts
- A piece of ginger
- Zest of 1 lemon
- Soy sauce (skip in case of hypertension or fluid retention)

Method

1. Peel and chop the onion, cabbage, and carrot. Cut the fish into pieces.
2. Sauté the vegetables in a pan, with a dash of oil, for about fifteen minutes. Add the fish and cook together.
3. Peel and grate the ginger.
4. Crush the nuts and add them to the pan together with the ginger and the lemon zest and stir for a couple of minutes.
5. Add a few drops of soy sauce and stir well.
6. Set aside until cool.
7. Put a spoonful of filling in the middle of each gyoza wrapper and fold making sure it does stick properly.
8. Pinch the edges and place on a greaseproof paper with a bit of oil so that they don't stick.
9. Steam them for a few minutes and serve them with a few drops of oil and soy sauce.