

Vegetarian Dumplings (Jiaozi) Recipe

Crispy, savoury, and packed with fresh flavours, **vegetarian dumplings** are a delightful twist on the classic favourite. Filled with a mix of mushrooms, crunchy water chestnuts, carrots, and spinach, these dumplings are seasoned to perfection with aromatic spices and umami-rich sauces. Whether steamed, boiled, or pan-fried, they make a satisfying meal for veggie lovers and anyone looking for a lighter, meat-free option. Serve them with a tangy dipping sauce for an irresistible bite every time! 🌱🥟



Sample Recipe

	Recipe serves	Prepared for
	4	4

Ingredient	Amount		Scaled amount	
Mushrooms	100	g	100	g
Vegetarian Chicken cubes	100	g	100	g
Carrot	100	g	100	g
Water Chestnuts	100	g	100	g
Spinach	100	g	100	g
Dumpling wrappers (pack)	1	----	1	----
Oil (Tbsp)	2	----	2	----
Seasonings :				
Mushroom Seasoning (Tbsp)	1	----	1	----
Pepper (Tbsp)	1	----	1	----
Light Soy Sauce (Tbsp)	2	----	2	----
Sesame Oil (Tbsp)	1	----	1	----

Shopping List

Ingredients	Have it	Quantity
Shiitake Mushrooms	<input type="checkbox"/>	
Vegetarian Chicken cubes	<input type="checkbox"/>	
Carrot	<input type="checkbox"/>	
Water Chestnuts	<input type="checkbox"/>	
Spinach	<input type="checkbox"/>	
Dumpling wrappers (pack))	<input type="checkbox"/>	
Oil (Tbsp)	<input type="checkbox"/>	
Seasonings :	<input type="checkbox"/>	
Mushroom Seasoning (Tbsp)	<input type="checkbox"/>	
Pepper (Tbsp)	<input type="checkbox"/>	
Light Soy Sauce (Tbsp)	<input type="checkbox"/>	
Sesame Oil (Tbsp)	<input type="checkbox"/>	
	<input type="checkbox"/>	

Sample Instructions

1. Finely dice the mushrooms, vegetarian chicken cubes, carrot, water chestnuts, and spinach.
2. Heat **2 tsp oil** in a pan over medium heat.
3. Sauté the mushrooms until fragrant.
4. Add the **vegetarian chicken** and stir-fry briefly.
5. Toss in the carrot, water chestnuts, and spinach, stir-frying for another minute.
6. Turn off the heat, then mix in all the **seasonings**.
7. Stir well and let the filling cool before wrapping.
8. Place a spoonful of filling in the center of a dumpling wrapper.
9. Fold and seal the edges with water.
- 10.Cook by steaming (10 mins), boiling (5-6 mins), or pan-frying until golden.

Tips:

1. If the filling is too wet, add 1 tbsp starch to absorb excess moisture.
2. Serve with chili oil, soy-vinegar dip, or black vinegar.

All Recipes

