



# Chard potstickers

## Equipment

- Measuring spoons and jugs
- Knife and cutting board
- Grater
- Small bowl
- Frying pan

## Ingredients

- 1 tbsp vegetable oil
- 1 bunch Swiss chard leaves
- 1 cup cooked white beans
- 2 spring onions
- 2 garlic cloves
- 2 cm ginger
- 2 tsp rice-wine vinegar
- 1 tsp toasted sesame oil
- 1 tsp soy sauce
- Salt and pepper
- 24 round dumpling wrappers

## What to do

### Task 1 : Prepare the ingredients

Wash the chard leaves and coarsely chop, mince the stems. Thinly slice the spring onions. Peel and finely chop the garlic, grate the ginger.

### Task 2 : Prepare the filling

In a large frying pan, heat 1 tsp vegetable oil over medium-high heat. Add chard, beans, spring onions, and garlic and cook until chard stems are crisp-tender and liquid has evaporated, 3 to 4 minutes. Drain in a colander. Transfer to a bowl; stir in vinegar, sesame oil, and soy sauce; season with salt and pepper. Wipe frying pan dry and set aside.

### Task 3 : Pleat the potstickers

Dip a wrapper into water, about 1 cm deep. Circle the wrapper around so that about 2/3 of the wrapper is moist. Lay the wrapper on your left hand with the dry side facing you. Add about 1 tbsp of vegetable filling. Using your right hand, make a small pinch on the right side of the wrapper. Then, using your index fingers, create a pleat and seal the pleat by folding it over to the right. Repeat until the entire dumpling is pleated and sealed. You're done with one dumpling! Continue making dumplings until all the filling or wrappers are used up.

### Task 4 : Cook the potstickers

Heat a large cast iron frying pan or nonstick pan with 2 tbsps of oil over medium-high heat. When the pan is hot, line the pot stickers in the pan, bottom side down. Let the pot stickers fry for about 2 minutes.

Have the lid of your pan ready for the next step. Pour 1/3 cup of water into the pan. The oil will splatter immediately, so use the lid as a shield as you pour the water to keep the oil from splattering onto you. Cover the pan with the lid. Reduce the heat to medium and cook for about 6 to 8 minutes, until the bottom of the dumplings are a deep golden brown. I like the bottom of the potstickers to be extra crispy, so I cook them for 8 minutes.

### Serve

Serve the potstickers with soy sauce or sweet chili sauce!

