



天然味美 營養如鮮

Rose Dumpling

Serves 2 (4-6 dumplings)

Prep time: 15min Cook Time: 15 min Time to Table: 30 min

Ingredients

2 cans (85 g each) **Clover Leaf® Flaked Light Tuna - Spicy Thai Chili**
1 bunch leeks (chopped)
1 bag dumpling wrappers

Preparation

1. Combine tuna with chopped leeks (reserve $\frac{1}{4}$ can for garnish).
2. Arrange 4 wrappers in a straight row, with each overlapping one another at $\frac{1}{3}$ of its edge, seal the overlapping parts with water. Spoon tuna filling in the middle of the wrappers, dip your finger into a bowl of water and run it around the edge of the wrapper; fold from the bottom to top into half-moon shape. Gently roll the wrappers from left to right sealing the ends with water.
3. Pan Fry the rose dumplings until the bottom has a golden crisp, then add water to reach $\frac{1}{3}$ of the dumplings. Cover with a lid and let it steam for 10 minutes.
4. Garnish with reserved tuna before serving.



Tips

1. For a kid-friendly flavour, consider other flavours such as Pure Olive Oil or Tomato & Onion.
2. Cover the uncooked rose dumplings with a damp towel to prevent them from drying.

玫瑰吞拿魚餃

2 人份量 (4-6 份)

準備時間：15 分鐘

烹調時間：15 分鐘

共需：30 分鐘

材料

2 罐 **Clover Leaf® 香辣泰椒風味淡吞拿魚**
(每罐 85 克)
1 棵 韭菜 (切粒)
1 包 餃子皮

做法

1. 將吞拿魚和韭菜粒混合拌勻(預留 $\frac{1}{4}$ 罐份量吞拿魚作裝飾用)。
2. 取 4 片餃子皮排成一字型，於 $\frac{1}{3}$ 餃子皮邊處重疊，用水黏合重疊部分，把材料鋪在餃子皮中間，沾濕餃子皮邊，從下到上對摺餃子皮成半月形，握緊，由左到右捲起來，最後用水沾濕尾端封口。
3. 煎香玫瑰餃至底部呈金黃色，加入少量水蓋過 $\frac{1}{3}$ 玫瑰餃，蓋上鍋蓋，蒸約 10 分鐘至餃子皮熟透即可。
4. 上碟前，以吞拿魚點綴。

小貼士

1. 風味淡吞拿魚有多種口味，或可考慮橄欖油或西紅柿洋蔥等其他風味。
2. 在已包好的玫瑰餃上用濕毛巾/紙巾蓋上，以防餃子皮乾身容易爆裂。