

Steamed Dumplings with Garlic Green Beans

Simple, tasty and diabetes-friendly.



Balanced Meal

Protein, fibre and moderate carbs.



High in Protein

Dumplings with chicken and prawns.



Good Source of Fibre

Green beans help support steady glucose levels.



Good food for a healthier you! ♥

Ingredients (Serves 2)

Dumpling Filling



- 150 g minced chicken
- 100 g diced prawns (roughly chopped)
- 2 tbsp spring onions (chopped)
- 1 tsp light soy sauce
- 1 tsp sesame oil
- ½ tsp white pepper

Dumpling Wrappers



- 10–12 dumpling wrappers (about 20 g each)

Garlic Green Beans



- 200 g green beans (trimmed)
- 2 cloves garlic (minced)
- 1 tsp oil
- Pinch of salt and pepper

Dipping Sauce (Optional)



- 1 tbsp light soy sauce
- 1 tbsp black vinegar (or rice vinegar)
- Sliced chilli (optional)

Method

1



Make the filling

In a bowl, mix minced chicken, diced prawns, spring onions, soy sauce, sesame oil and pepper until well combined.

2



Wrap the dumplings

Spoon the filling into wrappers and fold to seal. Repeat until all the filling is used.

3



Steam the dumplings

Place in a steamer lined with baking paper or cabbage leaves. Steam over medium heat for 8–10 minutes, until the wrappers are tender and the filling is fully cooked.

4



Stir-fry the garlic green beans

Heat 1 tsp oil in a pan, add minced garlic and stir for 30 seconds. Add green beans and stir-fry for 3–5 minutes until tender-crisp. Season with a pinch of salt and pepper.

5



Serve and enjoy

Serve the steamed dumplings with garlic green beans and a small bowl of dipping sauce (if using).

Approximate Nutrition (Per Serving)



Calories
330 – 390 kcal



Protein
23 – 27 g



Carbohydrates
40 – 47 g



Fat
9 – 13 g



Fibre
6 – 8 g

Estimates only. Nutrition may vary depending on ingredient brands, wrapper size and cooking method.

Helpful Tips

- ✓ Use lean chicken and fresh prawns for a lighter filling.
- ✓ Don't overcook the green beans to keep them crunchy and nutrient-rich.
- ✓ Choose a light sauce to keep sodium lower.
- ✓ Pair with a non-sweet drink like green tea, barley tea or plain water.



A Healthier You

Small changes in everyday meals can make a big difference. Enjoy the foods you love, in a way that supports your health!



Find more healthy recipes at
www.retirement-singapore.com

