

## Ginger Pork & Cabbage Dumplings

I love Chinese food. But unfortunately there's not a lot of restaurant-made Chinese food options that are keto friendly. So I make do with Chinese food flavours. These dumplings are relatively quick to make and go well with almost any sides. I usually serve them with some soya sauce drizzled over the top.



### Ingredients:

- 500g pork mince (you could also do 50/50 pork/beef)
- 1/4 cup pecan flour (almond flour would work)
- 1 egg
- 1 tsp garlic
- 1 Tbsp ginger
- chives (I usually use about 2 Tbsp)
- 3 tsp salt
- pepper
- 1 large cabbage

~ makes about 9 dumplings

### Directions:

1. Carefully remove the core from the large cabbage. This recipe doesn't use the entire cabbage, only the outer leaves but you need to steam the whole cabbage to make the leaves usable.
2. Place the cabbage, core down, in a large pot with about 2 inches (5cm) water. Put a lid on the pot and steam the cabbage for 10 minutes - enough to loosen the leaves. If it needs more, put it back in the pot.
3. While the cabbage is on the stove, mix the pork, pecan flour, egg, garlic, ginger, chives, salt and pepper in a bowl and mix well.
4. Take the cabbage out of the pot and pat dry. Carefully remove the top layers of the cabbage without tearing them. Place them on a dish cloth.
5. Using about a heaped tablespoon of pork mixture per dumpling, fold them as shown in the video in the blog.
6. Line the steamer with baking paper. This step isn't 100% necessary but I use a bamboo steamer and this keeps the pork juices from soaking into the wood. Put the dumplings into the steamer and place it on a pot of rapidly boiling water. Or, you know, turn it on. Steam for 20 - 25 minutes. Slice one in half to make sure the pork is cooked before serving.

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