



Small wonton filled with meat and carrot



Categoria
Carne



Tempo de preparação
Médio



Dificuldade
Médio



Custo
Intermediate



Com quem?
With family



Nº de pessoas
4 pessoas

Ingredientes



To taste: Gallo Extra Virgin
Olive Oil My First Olive Oil

- 250g of pork loin
- 3-4 tablespoons of soy sauce
- 1 handful of shrimp
- 1 handful of cooked sesame seeds
- 1 garlic clove
- 1/2 carrot
- 1/2 teaspoon of linseed oil

Modo de preparação

1

Wash 250g pork loin and make it into mush with the food supplement machine. The meat mash is easy for babies to eat and chew.

2

Drop the Gallo Extra Virgin Olive Oil My First Olive Oil into the pot, add diced carrots and stir-fry, in order to increase nutritional components.

3

Put the fried carrot and a clove of garlic into the food supplement machine to make it into mush. The garlic is to attenuate the flavor of the meat.

4

Mix the meat mush with the carrot and garlic mush, add half teaspoon of linseed oil, 3-4 drop of soy sauce, a bit sugar (in case you prefer a sweeter dish), a handful of fresh shrimp, some cooked sesame seeds. Mix the mush to one direction with the chopsticks.

5

Cut the wonton wrapper into four pieces, and make them into small wontons. It's suitable for babies to eat!

Produtos utilizados



My First Olive Oil



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