Small wonton filled with meat and carrot

Categoria	*Tempo de preparação*	*Dificuldade*	*Custo*	*Com quem?*	*Nº de pessoas*
Carne	Médio	Médio	Intermediate	With family	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

Extra Virgin Olive Oil

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