

Chicken Dumplings 16 Dumplings per 400g



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Ingredients: Filling [Chicken, Cabbage, Onions, Oyster Sauce (Contains **Mollusc, Soy, Wheat**), Sweet **Soy** Sauce [Contains **Wheat, Sulphites**], Spring Onion, Lemongrass, Rice Vinegar, Dark **Soy** Sauce [Contains **Wheat**], Coriander, Ginger, Garlic, **Fish** Sauce, Kaffir Lime Leaves], Wonton Wrapper [**Wheat** Flour, Water, **Eggs**]. Contains 38% Chicken

Contains: Wheat, Gluten, Egg, Fish, Soy, Mollusc, Sulphites

Store in freezer

Nutrition Information

Serving Size	100 g	
Number of Serves	4	
Average Quantity	Per Serve	Per 100 g
Energy	631 kJ	631 kJ
	148 Cal	148 Cal
Protein	10.3 g	10.3 g
Fat	2.9 g	2.9 g
-saturated	0.9 g	0.9 g
Carbohydrate	20.3 g	20.3 g
-sugars	2.1 g	2.1 g
Sodium	171 mg	171 mg

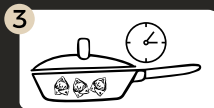
Cooking Instructions - steam fry (8-10mins)



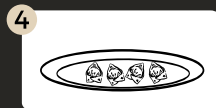
Heat a non-stick pan & spray with cooking oil.



Place frozen dumplings in pan, add 1 cup of cold water & cover with a lid.



Cook for 8-10 minutes, adding more water if needed.



Once cooked, plate the dumplings & serve them with your favourite sauces or toppings. Enjoy!