

Vegetable Dumplings 16 Dumplings per 400g



| Nutrition Information | | |
|-----------------------|-----------|-----------|
| Serving Size | 100 g | |
| Number of Serves | 4 | |
| Average Quantity | Per Serve | Per 100 g |
| Energy | 505 kJ | 505 kJ |
| | 121 Cal | 121 Cal |
| Protein | 4.5 g | 4.5 g |
| Fat | 1 g | 1 g |
| -saturated | 0.2 g | 0.2 g |
| Carbohydrate | 23.5 g | 23.5 g |
| -sugars | 3.5 g | 3.5 g |
| Sodium | 24 mg | 24 mg |

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Ingredients: Vegan Dumpling Filling [Cabbage, Tofu [Soybeans, Water, Firming Agent (Nigari)], Carrot, Hoisin Sauce [Contains **Soy, Wheat, Sesame**], Leeks, Sweet **Soy** Sauce [Contains **Wheat, Sulphites**], Onion, Mushroom, Spring Onion, Rice Vinegar, Brown Sugar, Lemongrass, Cornflour, Garlic, Ginger, White Pepper, Kaffir Lime Leaves], Pastry [**Wheat Flour, Water, Salt**]. Contains 28% vegetables.

Contains: Wheat, Gluten, Sesame, Sulphites, Soy
May Contain: Egg, Peanuts, Tree Nuts due to the presence of these ingredients in the kitchen and the ingredients being packed in facilities that handle these allergens.

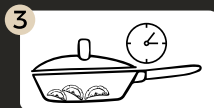
Cooking Instructions - steam fry (8-10mins) Store in freezer



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



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



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



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