

Beef Dumplings 16 Dumplings per 400g



Nutrition Information		
Serving Size	100 g	
Number of Serves	4	
	Per Serve	Per 100 g
Energy	615 kJ	615 kJ
	146 Cal	146 Cal
Protein	8.6 g	8.6 g
Fat, total	1.2 g	1.2 g
-saturated	0.5 g	0.5 g
Carbohydrate	24.8 g	24.8 g
-sugars	5.8 g	5.8 g
Sodium	416 mg	416 mg

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Ingredients: Beef Dumpling Filling [Beef, Carrot, Onions, Hoisin Sauce [Contains **Soy, Wheat, Sesame**], Sweet **Soy** Sauce [Contains **Wheat, Sulphites**], Lemongrass, Spring Onion, **Soy** Sauce [Contains **Wheat**], Dark **Soy** Sauce [Contains **Wheat**], Garlic, Rice Vinegar, Ginger], Pastry [**Wheat** Flour, Water, Salt]. Contains 36% Beef.

Contains: Wheat, Gluten, Soy, Sesame, Sulphites
May Contain: Egg due to the presence of egg pastry in the kitchen.

Store in freezer

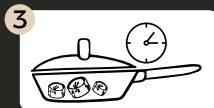
Cooking Instructions - steam fry (8-10mins)



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!