

# Pork Dumplings 16 Dumplings per 400g



Nutrition Information		
Serving Size	100 g	
Number of Serves	4	
	Per Serve	Per 100 g
Energy	762 kJ	762 kJ
	181 Cal	181 Cal
Protein	10.7 g	10.7 g
Fat, total	4.6 g	4.6 g
-saturated	1.6 g	1.6 g
Carbohydrate	24.1 g	24.1 g
-sugars	5.1 g	5.1 g
Sodium	193 mg	193 mg

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**Ingredients:** Pork Dumpling Filling [Pork, Cabbage, Onion, Hoisin Sauce [Contains **Soy, Wheat, Sesame**], Sweet **Soy** Sauce [Contains **Wheat, Sulphites**], Lemongrass, Spring Onion, Rice Vinegar, Ginger, Garlic, **Fish** Sauce, White Pepper, Chives], Dumpling Wrapper [**Wheat** Flour, Water, Salt]. Contains 39% Pork.

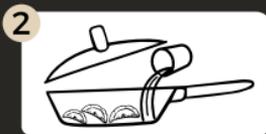
**Contains:** Wheat, Gluten, Soy, Sesame, Sulphites, Fish  
**May Contain:** Egg *due to the presence of egg pastry in the kitchen.*

Store in freezer

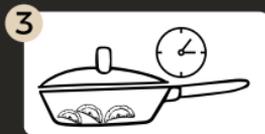
## Cooking Instructions - steam fry (8-10mins)



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!