

BLAKEAWAY

DAVID'S PRAHRAN MIXED DUMPLINGS 450G

NUTRITION INFORMATION

SERVINGS PER PACKAGE: 10
SERVING SIZE: 45G

	Per Serving	Per 100G
Energy	305 kJ	381 kJ
Protein	6 g	8 g
Fat, Total	4 g	5 g
Saturated	2 g	3 g
Carbs	5 g	6 g
Sugars	2 g	3 g
Sodium	97 mg	121 mg



600000

INGREDIENTS: GINGER PRAWN: **PRAWN**, WONTON SKIN (**WHEAT** FLOUR, WATER, SALT), BAMBOO SHOOTS, SPRING ONION, ONION, GINGER, **SOY SAUCE**, SALT, SUGAR, VEGETABLE OIL, **SESAME OIL**

VEGETARIAN: POTATO STARCH, WHEAT STARCH (GLUTEN FREE), BLACK FUNGUS, WHITE FUNGUS, ONION, MUSHROOM, WATER CHESTNUT, **SOY SAUCE**, VEGETABLE OIL, **SESAME OIL**, SALT, SUGAR, PEPPER

PORK SUI MAI: PORK, **PRAWN**, SHIITAKE MUSHROOM, RED CAPSICUM, WONTON SKIN (**WHEAT** FLOUR, WATER, SALT), SPRING ONION, ONION, GINGER, **SOY SAUCE**, SALT, SUGAR, VEGETABLE OIL, **SESAME OIL**

BEEF DUMPLING: **WHEAT** FLOUR, BEEF, **EGG**, SPRING ONION, GINGER, VEGETABLE OIL, **SOY SAUCE**, COOKING WINE, **SESAME OIL**, SALT, SUGAR, PEPPER,

CHICKEN DUMPLING: **WHEAT** FLOUR, CHICKEN, **EGG**, SPRING ONION, GINGER, VEGETABLE OIL, **SOY SAUCE**, COOKING WINE, **SESAME OIL**, SALT, SUGAR, PEPPER

CONTAINS: CRUSTACEAN, EGG, GLUTEN, SESEAME, SOY

LOCALLY MADE PREMIUM DAVID'S DUMPLINGS.

202 ALBION STREET, BRUNSWICK VIC 3056.

MANUFACTURED IN A FACILITY THAT ALSO PROCESSES EGG, GLUTEN, MILK, LUPINS, TREE NUTS, FISH, CRUSTACEAN, SOY & SESAME.

PREPARATION: STEAMING METHOD: PLACE DUMPLINGS IN A STEAMER BASKET AND COVER WITH LID. PLACE INTO PAN WITH BOILING WATER & STEAM FROM FROZEN FOR 8 MINUTES OR UNTIL HEATED THROUGH.

PAN FRY METHOD: ADD 1 TABLESPOON OF OIL AND HEAT PAN. PLACE DUMPLINGS IN PAN AND HEAT FROM FROZEN FOR 8 MINUTES OR UNTIL HEATED THROUGH.

STORAGE: KEEP IN FREEZER (-18 DEGREES). CONSUME BEFORE BEST BEFORE DATE.

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