



ping pong

DIM SUM

Ready to Steam

little parcels of deliciousness

Ping Pong Ltd
Unit 3F, Standard Industrial Estate
Henley Road
Royal Docks
London E16 2ES
+44 (0)207 036 8200

shop@pingpong-group.com
www.pingpongdimsum.com

  @pingpongdimsum  @pingpongdimsumuk

PING PONG DIM SUM AT HOME

DUMPLINGS

spicy chicken dumpling (6 pieces)
chicken & cashew nut dumpling (6 pieces)
traditional prawn har gau (6 pieces)
prawn & chive dumpling (6 pieces)
spicy vegetable dumpling (6 pieces)
spinach & mushroom dumpling (6 pieces)
shanghai chilli wonton with spinach & mushroom (7 pieces)

BUNS

char siu bun (4 pieces)
vegetable bun (4 pieces)

RICE

prawn & scallop sticky rice (3 pieces)
vegetable sticky rice (3 pieces)

CRISPY

duck spring roll (6 pieces)
vegetable spring roll (6 pieces)

STEAMED RANGE

Cooking & serving suggestions

For best results we suggest to steam dumplings, buns and rice dishes on the hob, however they can also be easily cooked in your microwave. (See cooking instructions on the product page)

Enjoy them with a Chinese-style dipping or simply with soy sauce; for more spiciness we suggest to add some chilli oil to your soy sauce.

We recommend to serve your shanghai chilli wontons on a bed of fresh rocket salad, we suggest 10g of rocket per serving, to mitigate the sauce spiciness just add more rocket.

CRISPY RANGE


Cooking & serving suggestions

For best results we suggest to oven bake our spring rolls. (See cooking instructions on the product page)

Enjoy them with a Chinese-style sweet & sour dipping sauce.



spicy chicken dumpling

6 dumplings | 150g 



chicken, asparagus, shiitake mushrooms, water chestnuts, with flavours of red chilli, coriander and sesame, wrapped in translucent pastry

INGREDIENTS

Chicken meat (16.8%), water, **wheat** starch, potato starch, carrot, water chestnut, asparagus, straw mushroom, shitake mushroom, spring onion, tapioca starch, modified starch, **soybean** oil, red chilli, coriander, sugar, chilli sauce, sake, **sesame** oil, garlic, salt, thickener (carboxymethyl cellulose)

For **allergens** see ingredients in **bold**

COOKING INSTRUCTIONS

For best results **STEAM**



Remove dumplings from packaging. Place dumplings in a steamer/basket lined with greaseproof paper over boiling water with lid on. Steam thoroughly for **4-5 mins**. Remove steamer/basket from heat and carefully remove the dumplings. Best enjoyed while dumplings are hot. Allow to stand for **1 min**. **Do not reheat**. Guide for 1 pack only.

MICROWAVE



Open container and remove sauce dish (if included). Take out 3 dumplings from the container and arrange neatly the remaining 3, add 1 teaspoon of water. Cover loosely with lid. Microwave according to cooking instructions above. Carefully remove lid and let the steam out. Repeat the process with the remaining 3 dumplings. Check product is hot before serving. Best enjoyed while dumplings are hot. Allow to stand for **1 min**. **Do not reheat**. Guide for 1 pack only.

For **use by date** see top of the packaging. Keep refrigerated 5°C or below. Not suitable for freezing.

NUTRITION

Typical values	Per pack (6 pieces)	Per 100g
Energy Value (kj)	979.5	653
Energy Value (kcal)	234	156
Protein (g)	7.5	5
Carbohydrate (g)	39	26
Tot. Sugars (g)	3.9	2.6
Fat (g)	5.1	3.4
Sat. Fat (g)	0.9	0.6
Dietary Fibre (g)	2.55	1.7
Salt (g)	0.96	0.64
Reference intake (adult), Energy 2000kcal, Fat 70g, Saturates 20g, Sugars 90g, Salt 6g		



chicken & cashew nut dumpling

6 dumplings | 150g 

chicken and cashew nuts with a hint of chilli and
hoi sin sauce, wrapped in wheat flour pastry

INGREDIENTS

Chicken (26.9%), **wheat** flour, water, white radish, **wheat** starch, hoi sin sauce [(water, sugar, fructose syrup, modified maize starch, **soy** sauce powder (**soybean**, **wheat**, salt, maltodextrin), rice vinegar, salt, sunflower oil, **sesame** oil, **malt barley** extract, spices (cinnamon, anise, coriander seed, clove), garlic powder, onion powder, thickener (xanthan gum)], modified starch, **soybean** oil, carrot, bamboo shoot, **cashew nut** (1.9%), sugar, garlic, **sesame** oil, salt, potato starch, dark **soy** sauce (**soybean**, **wheat**), red chilli, thickener (carboxymethyl cellulose), salt, pepper

For **allergens** see ingredients in **bold**

COOKING INSTRUCTIONS

For best results **STEAM**



Remove dumplings from packaging. Place dumplings in a steamer/basket lined with greaseproof paper over boiling water with lid on. Steam thoroughly for **4-5 mins**. Remove steamer/basket from heat and carefully remove the dumplings. Best enjoyed while dumplings are hot. Allow to stand for **1 min**. **Do not reheat**. Guide for 1 pack only.

MICROWAVE



Open container and remove sauce dish (if included). Arrange neatly, add 1 teaspoon of water. Cover loosely with lid. Microwave according to cooking instructions above. Carefully remove lid and let the steam out. Check product is hot before serving. Best enjoyed while dumplings are hot. Allow to stand for **1 min**. **Do not reheat**. Guide for 1 pack only.


For use by date see top of the packaging. Keep refrigerated 5°C or below. Not suitable for freezing.

NUTRITION

Typical values	Per pack (6 pieces)	Per 100g
Energy Value (kj)	1123	692.9
Energy Value (kcal)	268.4	165.6
Protein (g)	16	9.9
Carbohydrate (g)	41.8	25.8
Tot. Sugars (g)	5.6	3.5
Fat (g)	5.4	3.3
Sat. Fat (g)	2	1.2
Dietary Fibre (g)	2.2	1.3
Salt (g)	1.56	0.96
Reference intake (adult), Energy 2000kcal Fat 70g, Saturates 20g, Sugars 90g, Salt 6g		



traditional prawn har gau

6 dumplings | 150g 



most iconic cantonese dumpling with prawns and bamboo shoots in translucent pastry

INGREDIENTS

Prawn (37%), water, **wheat** starch, potato starch, bamboo shoot, mixed vegetable oil (**soybean** oil, spring onion, onion, ginger, shallot), modified tapioca starch, tapioca starch, sugar, **soybean** oil, **sesame** oil, salt, seasoning (salt, sugar, disodium 5'guanylate, disodium 5'inosinate, garlic powder, white pepper, chicken extract powder, maltodextrin, corn starch), stabiliser (carrageenan, carboxymethyl cellulose)

For **allergens** see ingredients in **bold**

COOKING INSTRUCTIONS

For best results **STEAM**



Remove dumplings from packaging. Place dumplings in a steamer/basket lined with greaseproof paper over boiling water with lid on. Steam thoroughly for **4-5 mins**. Remove steamer/basket from heat and carefully remove the dumplings. Best enjoyed while dumplings are hot. Allow to stand for **1 min**. **Do not reheat**. Guide for 1 pack only.

MICROWAVE



Open container and remove sauce dish (if included). Arrange neatly, add 1 teaspoon of water. Cover loosely with lid. Microwave according to cooking instructions above. Carefully remove lid and let the steam out. Check product is hot before serving. Best enjoyed while dumplings are hot. Allow to stand for **1 min**. **Do not reheat**. Guide for 1 pack only.


For **use by date** see top of the packaging. Keep refrigerated 5°C or below. Not suitable for freezing.

NUTRITION

Typical values	Per pack (6 pieces)	Per 100g
Energy Value (kj)	1004.2	673.6
Energy Value (kcal)	240	161
Protein (g)	11.4	7.7
Carbohydrate (g)	29.4	19
Tot. Sugars (g)	1.8	1.1
Fat (g)	12	7.9
Sat. Fat (g)	1.8	1.2
Dietary Fibre (g)	0.3	0.2
Salt (g)	1.08	0.73
Reference intake (adult), Energy 2000kcal, Fat 70g, Saturates 20g, Sugars 90g, Salt 6g		



prawn & chive dumpling

6 dumplings | 150g 



prawns and chives, with crunchy water chestnuts and mushrooms, wrapped in green chive pastry

INGREDIENTS

Prawn (31.9%), water, **wheat** starch, chives (6.9%), potato starch, palm oil, modified tapioca starch, water chestnut, mushroom, **sesame** oil, tapioca starch, **soybean** oil, sugar, salt, onion, seasoning (salt, sugar, disodium 5'guanylate, disodium 5'inosinate, garlic powder, white pepper, chicken extract powder, maltodextrin, corn starch), ginger, spring onion, humectants (sodium citrate, sodium bicarbonate), pepper, stabilizer (carrageenan, carboxymethyl cellulose)

For **allergens** see ingredients in **bold**

COOKING INSTRUCTIONS

For best results **STEAM**



Remove dumplings from packaging. Place dumplings in a steamer/basket lined with greaseproof paper over boiling water with lid on. Steam thoroughly for **5-6 min**. Remove steamer/basket from heat and carefully remove the dumplings. Best enjoyed while dumplings are hot. Allow to stand for **1 min**. **Do not reheat**. Guide for 1 pack only.

MICROWAVE



Open container and remove sauce dish (if included). Arrange neatly, add 1 teaspoon of water. Cover loosely with lid. Microwave according to cooking instructions above. Carefully remove lid and let the steam out. Check product is hot before serving. Best enjoyed while dumplings are hot. Allow to stand for **1 min**. **Do not reheat**. Guide for 1 pack only.


For use **by date** see top of the packaging. Keep refrigerated 5°C or below. Not suitable for freezing.

NUTRITION

Typical values	Per pack (6 pieces)	Per 100g
Energy Value (kj)	1078.2	718.8
Energy Value (kcal)	257.5	171.7
Protein (g)	10.3	6.9
Carbohydrate (g)	30.5	20.3
Tot. Sugars (g)	3	2
Fat (g)	10.5	7
Sat. Fat (g)	1.7	1.1
Dietary Fibre (g)	0.5	0.3
Salt (g)	1.4	0.9
Reference intake (adult), Energy 2000kcal Fat 70g, Saturates 20g, Sugars 90g, Salt 6g		



spicy vegetable dumpling

6 dumplings | 156g 



shiitake mushrooms, root vegetables and water chestnut with aromatic coriander, chilli and sesame, wrapped in translucent green jade pastry

INGREDIENTS

Wheat starch, water, vermicelli, straw mushroom (7.6%), shiitake mushroom (7.6%), potato starch, water chestnut (5%), carrot (5%), green pea, modified starch, chive (2.8%), tapioca starch, **c**elery (2.5%), green chilli (2.5%), **s**oybean oil, spring onion (2%), coriander (2%), sugar, **s**esame oil, sake, salt, garlic, thickener (carboxymethyl cellulose), pepper

For **allergens** see ingredients in **bold**

COOKING INSTRUCTIONS

For best results **STEAM**



Remove dumplings from packaging. Place dumplings in a steamer/basket lined with greaseproof paper over boiling water with lid on. Steam thoroughly for **4-5 mins**. Remove steamer/basket from heat and carefully remove the dumplings. Best enjoyed while dumplings are hot. Allow to stand for **1 min**. **Do not reheat**. Guide for 1 pack only.

MICROWAVE



Open container and remove sauce dish (if included). Arrange neatly, add 1 teaspoon of water. Cover loosely with lid. Microwave according to cooking instructions above. Carefully remove lid and let the steam out. Check product is hot before serving. Best enjoyed while dumplings are hot. Allow to stand for **1 min**. **Do not reheat**. Guide for 1 pack only.

For **use by date** see top of the packaging. Keep refrigerated 5°C or below. Not suitable for freezing.

NUTRITION

Typical values	Per pack (6 pieces)	Per 100g
Energy Value (kJ)	880.1	564.1
Energy Value (kcal)	210.6	135
Protein (g)	1.5	1
Carbohydrate (g)	40.7	26.1
Tot. Sugars (g)	5.3	3.4
Fat (g)	4.6	2.9
Sat. Fat (g)	0.5	0.3
Dietary Fibre (g)	1.1	0.7
Salt (g)	1.3	0.8
Reference intake (adult), Energy 2000kcal Fat 70g, Saturates 20g, Sugars 90g, Salt 6g		



spinach & mushroom dumpling

6 dumplings | 150g 

spinach, shiitake and straw mushrooms, with
fragrant ginger, wrapped in wheat flour pastry

INGREDIENTS

Water, spinach (17.9%), **wheat** flour, **soy** protein (**soy** flour, salt, sugar, **soy** sauce, water), modified tapioca starch (E1440, E1414), shiitake mushroom (6.4%), **wheat** starch, **soybean** oil, sugar, light **soy** sauce (**soybean**, water, **wheat** flour, salt), seed mold, seed yeast, water, fructose syrup, salt, **sesame** oil, ginger, garlic, dark **soy** sauce (molasses, **soy** sauce, sugar), stabiliser (carboxymethyl cellulose)

For **allergens** see ingredients in **bold**

COOKING INSTRUCTIONS

For best results **STEAM**



4-5
min

Remove dumplings from packaging. Place dumplings in a steamer/basket lined with greaseproof paper over boiling water with lid on. Steam thoroughly for **4-5 mins**. Remove steamer/basket from heat and carefully remove the dumplings. Best enjoyed while dumplings are hot. Allow to stand for **1 min**. **Do not reheat**. Guide for 1 pack only.

PAN-FRY



5
min

Pre-heat pan on medium heat (160°C) add 1 tsp of vegetable oil and cook for **3 min**, carefully turn over dumplings and cook the other side for further **2 min** until golden brown.

MICROWAVE



750W

1min
35sec

800W

1min
25sec

900W

1min
15sec

Open container and remove sauce dish (if included). Arrange neatly, add 1 teaspoon of water. Cover loosely with lid. Microwave according to cooking instructions above. Carefully remove lid and let the steam out. Check product is hot before serving. Best enjoyed while dumplings are hot. Allow to stand for **1 min**. **Do not reheat**. Guide for 1 pack only.

For **use by** date see top of the packaging. Keep refrigerated 5°C or below. Not suitable for freezing.

NUTRITION

Typical values	Per pack (6 pieces)	Per 100g
Energy Value (kJ)	957.3	638.1
Energy Value (kcal)	228.8	152.5
Protein (g)	12.2	8.1
Carbohydrate (g)	48.2	32.1
Tot. Sugars (g)	6.4	4.3
Fat (g)	4.6	3
Sat. Fat (g)	0.8	0.5
Dietary Fibre (g)	2.4	1.6
Salt (g)	2.8	1.8
Reference intake (adult), Energy 2000kcal Fat 70g, Saturates 20g, Sugars 90g, Salt 6g		



shanghai chilli wonton with spinach & mushroom

7 wontons | 135g  shanghai chilli oil | 27g 

spinach and mushrooms wontons, with shanghai chilli oil seasoning

INGREDIENTS

Vegetable wonton: water, **wheat** flour, spinach 19.6%, shiitake mushrooms 11%, straw mushrooms 10.2%, modified tapioca starch, tapioca flour, **soybean** oil, textured vegetable **soy** protein, **sesame** oil, salt, ginger 1.2%, dark **soy** sauce (**soybean**, **wheat** flour, seed yeast), sugar, **wheat** gluten, **soy** sauce (**soybean**, **wheat**, seed mold, seed yeast), turmeric

Shanghai chilli sauce: rapeseed oil, sugar, chinkiang vinegar, red chilli, garlic, **sesame** oil, light **soy** sauce (water, **wheat** flour, **soy**, salt), Hoi Sin sauce (sugar, fermented **soy** bean [**soy** bean, **wheat** flour, salt, water], vinegar, water, colour E150a, salt, **sesame** oil, garlic, spices), yellow bean sauce (fermented salted **soybean** (**soybean**, **wheat** flour, salt, water), **soy** sauce [water, **soybean**, salt, **wheat** flour], sugar, water, colour E150a), red chilli, salt

For **allergens** see ingredients in **bold**



COOKING INSTRUCTIONS

MICROWAVE



750W

1min
50sec

800W

1min
40sec

900W

1min
30sec

Open container and remove sauce dish. Arrange neatly, add 5 tablespoons of water. Cover loosely with lid. Microwave according to cooking instructions above. Carefully remove lid and let the steam out and remove residual water from container. Pour sauce into container and mix in gently. Cover container loosely with lid and cook for additional **10 sec**. Check product is hot before serving. Best enjoyed while wontons are hot. Allow to stand for **1 min**. Guide for 1 pack only.

For use **by date** see top of the packaging. Keep refrigerated 5°C or below. Not suitable for freezing.

SERVING SUGGESTIONS


Best served on a bed of fresh rocket salad, we suggest 10g of rocket per serving, to mitigate the sauce spiciness add more rocket.

NUTRITION

Typical values	Per pack	Per 100g
Energy Value (kJ)	1181.9	875.5
Energy Value (kcal)	282.4	209.2
Protein (g)	14.1	10.5
Carbohydrate (g)	31.1	23
Tot. Sugars (g)	12.5	9.2
Fat (g)	11.6	8.6
Sat. Fat (g)	1.3	1
Dietary Fibre (g)	3	2.2
Salt (g)	1.5	1.1
Reference intake (adult), Energy 2000kcal Fat 70g, Saturates 20g, Sugars 90g, Salt 6g		



char siu bun

4 buns | 214g 

fluffy white bun with honey barbecued pork
(p.s. discard baking paper)

INGREDIENTS

Bun pastry (sugar, **wheat** flour, water, baking powder ammonia bicarbonate, lye water), char sui pork (pork 20%, sugar, hoi sin sauce [sugar, fermented **soy** bean, vinegar, water, ammonia caramel, salt, **sesame** oil, garlic, spices], salt, **oyster** sauce [water, sugar, salt, modified corn starch, monosodium glutamate, **oyster** extractives, **wheat** flour, ammonia caramel], dark **soy** sauce [**soybean**, water, **wheat** flour, salt]), char sui paste (honey, sugar, potato starch, water, **oyster** sauce [water, sugar, salt, modified corn starch, monosodium glutamate, **oyster** extractives, **wheat** flour, ammonia caramel], **soy** sauce [**soybean**, water, **wheat** flour, salt], rapeseed oil, ginger, shallot), **sesame** oil, sugar

For **allergens** see ingredients in **bold**

COOKING INSTRUCTIONS

For best results **STEAM**



Remove buns from packaging. Place buns in a steamer/basket lined with greaseproof paper over boiling water with lid on. Steam thoroughly for **7-8 mins**. Remove steamer/basket from heat and carefully remove the buns. Best enjoyed while buns are hot. Allow to stand for **1 min**. Discard baking paper. **Do not reheat**. Guide for 1 pack only.

MICROWAVE



Open container and arrange buns neatly, add 1 teaspoon of water. Cover loosely with lid. Microwave according to cooking instructions above. Carefully remove lid and let the steam out. Check product is hot before serving. Best enjoyed while buns are hot. Allow to stand for **1 min**. Discard baking paper. **Do not reheat**. Guide for 1 pack only.


For **use by date** see top of the packaging. Keep refrigerated 5°C or below. Not suitable for freezing.

NUTRITION

Typical values	Per pack (4 pieces)	Per 100g
Energy Value (kj)	2233.8	1043.8
Energy Value (kcal)	525.9	245.7
Protein (g)	15.1	7.1
Carbohydrate (g)	109.7	51.2
Tot. Sugars (g)	47.5	22.2
Fat (g)	3.2	1.5
Sat. Fat (g)	0.8	0.4
Dietary Fibre (g)	3.9	1.8
Salt (g)	2.6	1.2
Reference intake (adult), Energy 2000kcal Fat 70g, Saturates 20g, Sugars 90g, Salt 6g		



vegetable bun

4 buns | 214g 



white fluffy bun with lightly sautéed vegetables
(p.s. discard backing paper)

INGREDIENTS

Bun pastry (sugar, **wheat** flour, water, baking powder ammonia bicarbonate, lye water), corn 9.3%, carrot 9.3%, water, water chestnut 4.5%, mangetout 3.6%, black fungus 1.8%, potato starch, rapeseed oil, **sesame** oil, shaoshing wine, light **soy** sauce (water, **wheat** flour, **soy**, salt), sugar, garlic, salt

For **allergens** see ingredients in **bold**

COOKING INSTRUCTIONS

For best results **STEAM**



Remove buns from packaging. Place buns in a steamer/basket lined with greaseproof paper over boiling water with lid on. Steam thoroughly for **7-8 mins**. Remove steamer/basket from heat and carefully remove the buns. Best enjoyed while buns are hot. Allow to stand for **1 min**. Discard baking paper. **Do not reheat**. Guide for 1 pack only.

MICROWAVE



Open container and arrange buns neatly, add 1 teaspoon of water. Cover loosely with lid. Microwave according to cooking instructions above. Carefully remove lid and let the steam out. Check product is hot before serving. Best enjoyed while buns are hot. Allow to stand for **1 min**. Discard baking paper. **Do not reheat**. Guide for 1 pack only.


For **use by date** see top of the packaging. Keep refrigerated 5°C or below. Not suitable for freezing.

NUTRITION

Typical values	Per pack (4 pieces)	Per 100g
Energy Value (kj)	1019	476.2
Energy Value (kcal)	240	112.2
Protein (g)	3.8	1.8
Carbohydrate (g)	49.5	23.1
Tot. Sugars (g)	18.4	8.6
Fat (g)	3.2	1.5
Sat. Fat (g)	0.6	0.3
Dietary Fibre (g)	1.9	0.9
Salt (g)	0.73	0.34
Reference intake (adult), Energy 2000kcal Fat 70g, Saturates 20g, Sugars 90g, Salt 6g		



prawn & scallop sticky rice

3 lotus leaf rice wraps | 210g 

prawns, scallops, carrots, bamboo shoots and glutinous rice, steamed in a lotus leaf
(p.s. discard the leaf)

INGREDIENTS

Glutinous rice (glutinous rice, salt, sugar, **soybean oil**, **sesame oil**), **prawn** (11.8%), **scallop** (11.8%), **soybean oil**, sugar, carrot, bamboo shoot, corn starch, light **soy** sauce (**soybean wheat flour**), **sesame oil**, garlic, spring onion, onion, pepper, ginger, shallot

For **allergens** see ingredients in **bold**



COOKING INSTRUCTIONS

For best results **STEAM**



Remove sticky rice wraps from packaging. Place sticky rice wraps in a steamer/ basket lined with greaseproof paper and pre-heat. Place steamer over boiling water with lid on. Steam thoroughly for **12 mins**. Remove steamer from heat and carefully remove the sticky rice wraps. Check product is hot before serving. Please discard lotus leaf. Allow to stand for **1 min**. **Do not reheat**. Guide for 1 pack only. All cooking appliances vary. This is a guide only.

MICROWAVE



Open container and remove sauce dish (if included). Arrange neatly, add 1 teaspoon of water. Cover loosely with lid. Microwave according to cooking instructions above. Carefully remove lid and let the steam out. Check product is hot before serving. Best enjoyed while rice wraps are hot. Allow to stand for **1 min**. Please discard lotus leaf. **Do not reheat**. Guide for 1 pack only. All cooking appliances vary. This is a guide only.


For **use by date** see top of the packaging. Keep refrigerated 5°C or below. Not suitable for freezing.

NUTRITION

Typical values	Per pack (3 pieces)	Per 100g
Energy Value (kj)	1141	543.5
Energy Value (kcal)	272.7	129.9
Protein (g)	11.34	5.4
Carbohydrate (g)	27.3	13
Tot. Sugars (g)	5.67	2.7
Fat (g)	13.02	6.2
Sat. Fat (g)	2	1
Dietary Fibre (g)	1.05	0.5
Salt (g)	2.373	1.13
Reference intake (adult), Energy 2000kcal Fat 70g, Saturates 20g, Sugars 90g, Salt 6g		



vegetable sticky rice

3 lotus leaf rice wraps | 210g 

bamboo shoots, carrots, asparagus and glutinous rice, steamed in a lotus leaf (p.s. discard the leaf)



INGREDIENTS

Glutinous rice (glutinous rice, salt, sugar, **soybean** oil, **sesame** oil), bamboo shoots (8.3%), carrot (8.3%), asparagus (8.2%), onion (4.8%), **soybean** oil, **sesame** oil, tapioca starch, **soy** sauce, **soybean**, **wheat**, spring onion, white pepper, ginger, shallot

For allergens see ingredients in **bold**

COOKING INSTRUCTIONS

For best results **STEAM**



Remove sticky rice wraps from packaging. Place sticky rice wraps in a steamer/ basket lined with greaseproof paper and pre-heat. Place steamer over boiling water with lid on. Steam thoroughly for **12 mins**. Remove steamer from heat and carefully remove the sticky rice wraps. Check product is hot before serving. Please discard lotus leaf. Allow to stand for **1 min**. **Do not reheat**. Guide for 1 pack only. All cooking appliances vary. This is a guide only.

MICROWAVE



Open container and remove sauce dish (if included). Arrange neatly, add 1 teaspoon of water. Cover loosely with lid. Microwave according to cooking instructions above. Carefully remove lid and let the steam out. Check product is hot before serving. Best enjoyed while rice wraps are hot. Allow to stand for **1 min**. Please discard lotus leaf. **Do not reheat**. Guide for 1 pack only. All cooking appliances vary. This is a guide only.


For **use by** date see top of the packaging. Keep refrigerated 5°C or below. Not suitable for freezing.

NUTRITION

Typical values	Per pack (3 pieces)	Per 100g
Energy Value (kj)	970.3	461.9
Energy Value (kcal)	231.9	110.4
Protein (g)	2.73	1.3
Carbohydrate (g)	26.46	12.6
Tot. Sugars (g)	8.4	4
Fat (g)	12.81	6.1
Sat. Fat (g)	2	0.9
Dietary Fibre (g)	1.47	0.7
Salt (g)	1.659	0.79
Reference intake (adult), Energy 2000kcal Fat 70g, Saturates 20g, Sugars 90g, Salt 6g		



duck spring roll

6 spring rolls | 150g 

shredded duck, cucumber and spring onion,
wrapped in crispy spring roll pastry

INGREDIENTS

Wheat flour, duck meat (30.2%), water, hoi sin sauce (water, sugar, **soy** sauce, modified tapioca starch, chilli paste oil, garlic powder, citric acid, caramel powder, **sesame** oil, five spice, xanthan gum), palm oil, cucumber, sugar, spring onion, **sesame** oil, salt

For **allergens** see ingredients in **bold**

COOKING INSTRUCTIONS

OVEN BAKE



200°C

20-25 min

From chilled

Fan 180°C

20-25 min

From chilled

Gas 6

20-25 min

From chilled

Preheat oven. Remove all packaging. Distribute spring rolls evenly on a baking tray in the centre of a pre-heated oven. Turn halfway through cooking time. Cook until crisp. Two or more packs will require longer cooking time. **Do not reheat.** All cooking appliances vary. This is a guide only.

For **use by date** see top of the packaging. Keep refrigerated 5°C or below. Not suitable for freezing.

NUTRITION

Typical values	Per pack (6 pieces)	Per 100g
Energy Value (kj)	1672	1114.8
Energy Value (kcal)	398	265.4
Protein (g)	16.2	10.8
Carbohydrate (g)	45.4	30.3
Tot. Sugars (g)	8.9	5.9
Fat (g)	17.1	11.4
Sat. Fat (g)	6.9	4.6
Dietary Fibre (g)	2.2	1.5
Salt (g)	0.87	0.58
Reference intake (adult), Energy 2000kcal Fat 70g, Saturates 20g, Sugars 90g, Salt 6g		



vegetable spring roll

6 spring rolls | 150g 



shiitake mushrooms, carrots, baby corn and celery, wrapped in crispy spring roll pastry

INGREDIENTS

Wheat flour, mushroom (16.2%), water, carrot (11.8%), baby corn (10.8%), **c**elery (5.4%), palm oil, sugar, potato starch, **s**oybean oil, salt, garlic, **s**esame oil, pepper

For **allergens** see ingredients in **bold**

COOKING INSTRUCTIONS

OVEN BAKE



From chilled

From chilled

From chilled

Preheat oven. Remove all packaging. Distribute spring rolls evenly on a baking tray in the centre of a pre-heated oven. Turn halfway through cooking time. Cook until crisp. Two or more packs will require longer cooking time. **Do not reheat.** All cooking appliances vary. This is a guide only.

For **use by date** see top of the packaging. Keep refrigerated 5°C or below. Not suitable for freezing.

NUTRITION

Typical values	Per pack (6 pieces)	Per 100g
Energy Value (kJ)	1194	796
Energy Value (kcal)	283	189
Protein (g)	5.4	3.6
Carbohydrate (g)	45	30
Tot. Sugars (g)	5.9	3.9
Fat (g)	9.2	6.1
Sat. Fat (g)	3.9	2.6
Dietary Fibre (g)	3.1	2
Salt (g)	2.7	1.8
Reference intake (adult), Energy 2000kcal Fat 70g, Saturates 20g, Sugars 90g, Salt 6g		