

**NEW  
GYOZAS!**  
JAPANESE-STYLE  
DUMPLINGS

## Prawn Gyozas

MF CODE: 3745 | 25 PCS | 10 X 500G | 5KG NET  
MF CODE: 3746 | 50 PCS | 10 X 1KG | 10KG NET

## Vegetable Gyozas

MF CODE: 3747 | 25 PCS | 10 X 500G | 5KG NET  
MF CODE: 3748 | 50 PCS | 10 X 1KG | 10KG NET



## Vegetable Gyozas & Prawn Gyozas

- \* Authentic Japanese-style dumpling
- \* Vegan/Vegetarian option available
- \* Great for all establishments
- \* Retail ready - 500g pack



Prawn Gyozas



Vegetable Gyozas

### Product Information

Code	Product	No. Pieces	Pack Size
3745	Prawn Gyozas	25pcs	10 x 500g (5kg NET)
3746	Prawn Gyozas	50pcs	10 x 1kg (10kg NET)
3747	Vegetable Gyozas	25pcs	10 x 500g (5kg NET)
3748	Vegetable Gyozas	50pcs	10 x 1kg (10kg NET)

#### Nutrition Information

##### PRAWN GYOZAS

Serving size: 5 pcs (approx. 100g)

	Avg Qty per serving	Avg Qty per 100g
Energy	693 kJ	693 kJ
Protein	9.0 g	9.0 g
Fat -Total	4.7 g	4.7 g
-Saturated	less than 1g	less than 1g
Carbohydrate	21 g	21 g
Sugars	1.7 g	1.7 g
Sodium	471 mg	471 mg

#### Nutrition Information

##### VEGETABLE GYOZAS

Serving size: 5 pcs (approx. 100g)

	Avg Qty per serving	Avg Qty per 100g
Energy	769 kJ	769 kJ
Protein	6.5 g	6.5 g
Fat -Total	6.5 g	6.5 g
-Saturated	less than 1g	less than 1g
Carbohydrate	23.4 g	23.4 g
Sugars	3.1 g	3.1 g
Sodium	546 mg	546 mg

**Ingredients:** Prawns (30%), Wheat Flour, Cabbage, Water, Soybean Protein, Chives, Ginger, Soybean Oil, Onion, Sesame Oil, Sugar, Soy Sauce, Spring Onion, Garlic, Salt, White Pepper, Flavour Enhancer (631)

**Allergens:** Crustacea (Prawns), Gluten (Wheat), Soy & Sesame.

May Contain: Fish, Shellfish & Egg.

**Ingredients:** Wheat Flour, Cabbage (18.5%), Tofu [Soybeans, Water, Firming Agent (511)], Carrot (8.1%), Onion, Chives (6.3%), Vermicelli (Mung Bean Starch, Water), Water, Garlic, Soybean Oil, Sugar, Spring Onion, Soy Sauce, Spinach, Salt, Sesame Oil, Ginger, Thickener (1420), White Pepper Powder.

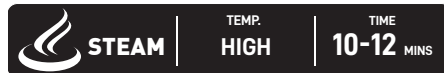
**Allergens:** Gluten (Wheat), Soy & Sesame.

May Contain: Fish, Crustacea, Shellfish & Egg.

### Cooking Instructions - COOK FROM FROZEN



- Heat 1 tablespoon of oil on medium heat.
- Add frozen gyozas and evenly fry for approx 2-3 mins until lightly golden brown.
- Add water to cover ¼ of gyozas and place lid on to steam.
- Cook on high heat for 4-5 minutes, until most of the water evaporates.
- Remove lid, lower heat and allow remaining liquid to evaporate for approx 2-3 mins.



- Place frozen gyozas on a perforated steaming tray and steam for approx 10-12 minutes, or until cooked through.



- Boil water. Then add frozen gyozas to the boiling water for approx 4-5 minutes, or until cooked through.

**Storage:** Keep frozen at or below -18°C  
**Frozen Shelf Life:** 24 Months from production.



Product of China

Code	Inner Barcode	Outer Barcode	Inner Dimensions (HxLxW)	Outer Dimensions (HxLxW)
3745	9414169374512	19414169374519	230 x 160 x 80	145 x 425 x 315
3746	9414169374611	19414169374618	300 x 180 x 90	205 x 495 x 340
3747	9414169374710	19414169374717	230 x 160 x 80	145 x 425 x 315
3748	9414169374819	19414169374816	300 x 180 x 90	205 x 495 x 340