



# Prawn Hargow

CREVETTE HARGOW



**MF CODE: 8269 | 10 x 700 g | 7 kg | 28 PCS**  
**MF CODE: 8270 | 10 x 400 g | 4 kg | 16 PCS**



## PRAWN HARGOW

- Halal
- Ideal for Asian Inspired Menu
- Perfect as Entrée / Yum Cha Item
- Great Portion Control



### PRODUCT INFORMATION

Code	Inner Barcode	Outer Barcode	Inner Dimensions	Outer Dimensions
8269	9414169826912	19414169826919	200x 60 x 260	380 x 280 x 190
8270	9414169827018	19414169827015	180 x 50 x 230	270 x 210 x 230

#### MF CODE: 8269

#### Nutrition Information

Servings per pack: 7  
Serving Size: 100 g

	Avg Qty per Serving	Avg Qty per 100 g
Energy	642 kJ	642 kJ
Protein	3.7 g	3.7 g
Fat, total	4.5 g	4.5 g
- Saturated	0.8 g	0.8 g
Carbohydrate	23.7 g	23.7 g
- Sugars	1.2 g	1.2 g
Sodium	404 mg	404 mg

#### MF CODE: 8270

#### Nutrition Information

Servings per pack: 4  
Serving Size: 100 g

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- Sugars	1.2 g	1.2 g
Sodium	404 mg	404 mg

**Ingredients:** Prawn (31%) (Crustacean), Wheat starch (Gluten), Water, Bamboo Shoots (13%), Potato Flour, Soybean Oil, Sugar, Salt, Sesame Oil, Trehalose, Yeast Extract, Maltodextrin, Spices.

**Contains:** Crustacea, Wheat, Gluten, Soy, Sesame.

**Ingrédients:** Crevette (31%) (Crustacé), Amidon de Blé (Gluten), Eau, Pousses de Bambou, Farine de Pomme de Terre, Huile de Soja, Sucre, Sel, Huile de Sésame, Exhausteur de Goût, Tréhalose

**Contient:** Crustacés, Blé, Gluten, Soja, Sésame

**COUNTRY OF ORIGIN:**  
**CHINA**

**KEEP FROZEN, STORE AT  
-18°C OR COLDER.**

**FROZEN SHELF LIFE:  
24 MONTHS FROM PRODUCTION**

#### Cook from frozen

The following are guidelines only, some appliances may vary.



- Place frozen Hargow in a microwave bowl.
- Pour 5 tablespoons of water on the Hargow.
- Cover with a microwavable lid.
- Heat on a medium / high power for 2 – 4 minutes or until cooked.