



Marathon Beef Mini Dim Sims 1kg

The “Marathon Mini Dim Sim” has long been an Aussie favourite enjoyed at functions everywhere. Made with freshly farmed local cabbage, wholesome Australian Beef and just the right combination of spices. This delicate parcel can be enjoyed steamed, fried or oven baked.

- ✔ 100% Australian Beef
- ✔ No Artificial Preservatives or Colours
- ✔ Farm Fresh Local Cabbage

+ INGREDIENTS

Cabbage, Beef (28%), **Wheat** Flour, **Wheat** Starch, Water, Sugar, Salt, Onion, **Soy** Sauce (contains **Soyabeans**, Wheat), Onion Powder, Flavour Enhancer (621), Spices.

+ NUTRITIONAL INFORMATION

Servings Per Package: Approximately 59 • Serving Size: 1 Mini Dim Sim			
Avg Quantity	Per Serve	% Daily Intake	Per 100g
Energy	134kJ (32Cal)	2%	788kJ (188Cal)
Protein	1.1g	2%	6.7g
Fat, Total	1.3g	2%	7.8g
– Saturated	0.7g	3%	3.9g

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Carbohydrate	3.7g	1%	22.0g
– Sugars	0.6g	1%	3.6g
Sodium	107mg	5%	628mg
Note: All values are considered averages unless otherwise indicated and relate to unprepared product. % Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.			

+ ALLERGENS

Gluten, Soy

May be present Sesame

+ COOKING INSTRUCTIONS

Steam: Steam frozen Mini Dim Sims over rapidly boiling water for 8 minutes.

Fri: Heat frying oil to 180°C. Place frozen Mini Dim Sims into the hot oil and cook for 4 minutes. Remove and place on absorbent paper. Let stand for 2 minutes before serving.

Boil: Place frozen Mini Dim Sims in boiling water. Boil without lid for 8 minutes and serve.

Microwave: Remove outer clear wrap and add 1 tablespoon of water to tray. Cover dish with food wrap and heat on high for 2.5 – 3 minutes.

Oven Bake: Preheat oven to 200°C. Lightly coated frozen Mini Dim Sims with your chosen cooking spray and place on a greased baking tray . Bake for 15 – 20 minutes at 200°C or until golden brown.

Temperature Variation: Cooking times are a guide only and may vary according to power, age and condition of appliance used. Take care when handling heated products.

+ STORAGE

Keep frozen below -18°C.

Do not refreeze after thawing.

If thawed, refrigerate and use within 24 hours.

+ COUNTRY OF ORIGIN

Made in Australia from at least 95% Australian Ingredients

Foodservice Products

