



Marathon Dim Sims 3kg

The “Marathon Dim Sim” has long been an Aussie favourite bought from the local takeaway shop. The recipe has stood the test of time, 55 years on, still made today with the same key ingredients, good Aussie produce including farm fresh local cabbage and Australian grown meat. Quality you have grown to expect.

- ✔ 100% Australian Meat
- ✔ No Artificial Preservatives or Colours
- ✔ Farm Fresh Local Veggies

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INGREDIENTS

Cabbage, Meat (24%) (Beef and/or Mutton), **Wheat** Flour, **Wheat** Starch, Water, Salt, Onion, Sugar, Onion Powder, Spices, Flavour Enhancer (621).

(HALAL AVAILABLE ON REQUEST – QUOTE PRODUCT CODE : HDS4X5)

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NUTRITIONAL INFORMATION

Servings Per Package: Approximately 30 • Serving Size: 2 Dim Sims (100g)			
Avg Quantity	Per Serve	% Daily Intake	Quantity per 100g
Energy	815kJ (195Cal)	9%	815kJ (195Cal)
Protein	6.7g	13%	6.7g

Servings Per Package: Approximately 30 • Serving Size: 2 Dim Sims (100g)			
Fat, Total	6.0g	9%	6.0g
– Saturated	3.0g	13%	3.0g
Carbohydrate	27.2g	9%	27.2g
– Sugars	32.3g	3%	2.3g
Sodium	512mg	22%	512mg
Note: All values are considered averages unless otherwise indicated. Percentage Daily Intakes are based on an average adult diet of 8700kJ. Your daily intakes may be higher or lower depending on your energy needs.			

+ ALLERGENS

Gluten (Wheat)

+ COOKING INSTRUCTIONS

Thawing: Place Dim Sim in the refrigerator overnight.

Steam: Place thawed Dim Sims in a steamer containing boiling water and heat for 15 minutes or if frozen, 20 minutes.

Deep Fry: Fry thawed Dim Sims for 5 minutes at 170°C, or 8 minutes if frozen

Microwave: Place 2 thawed Dim Sims in a microwave safe container with two teaspoons of water. Cover and cook on high for approx 60 seconds or for 90 seconds if frozen. Allow to stand for 5 minutes before serving.

Temperature Variation: Cooking times are a guide only and may vary according to power, age and condition of appliances 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 99% Australian Ingredients

Foodservice Products

