



ping pong

DIM SUM

Ready to Steam

little parcels of deliciousness

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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)

GYOZA

chicken & truffle gyoza (8 pieces)
prawn gyoza (8 pieces)
spinach & mushroom gyoza (8 pieces)

BUNS

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

RICE

vegetable sticky rice (3 pieces)

CRISPY

duck spring roll (6 pieces)
vegetable spring roll (6 pieces)
spare ribs (half rack – approx. 4/5 ribs)
smoked chilli chicken wings (8 wings)

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. 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 your **spring rolls**.

Enjoy them with a Chinese-style sweet & sour dipping sauce. For best results oven bake your **smoked chilli chicken wings** and **spare ribs**. We suggest to serve your **smoked chilli chicken wings** with some thinly sliced spring onion and fresh red chilli. Season your **spare ribs** with 10gr of runny honey during the baking process, drizzle with honey and sprinkle with toasted sesame seeds to serve.

(See full cooking instructions on the product page)



spicy chicken dumpling

6 dumplings | 150g e



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, shiitake 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**

ALLERGIES AND INTOLERANCES Although we separate ingredients and clean down all work areas and equipment, the presence of allergenic ingredients in our Kitchens means we cannot guarantee any of our dishes are free of those allergens. If you have a severe allergy we would advise our menu may not be suitable for you. We take allergies very seriously and we work hard to provide a wide choice to fit a range of dietary needs. If you need further details about our Ready to Steam products, please contact shop@pingpong-group.com

Please note: all our dishes and drinks may contain traces of nuts, nut oils or egg.
Please be aware: shrimp is a common ingredient used in many forms of Asian cooking.

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 with 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 e



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 e



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 e



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 e



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, **celery** (2.5%), green chilli (2.5%), **soybean** oil, spring onion (2%), coriander (2%), sugar, **sesame** 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 e



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 e, shanghai chilli oil | 27g e

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



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		



chicken & truffle gyoza

8 gyoza | 185g e



chicken and root vegetable casseroled with truffle, spring onion and aromatic spices, all wrapped in a traditional wheat-based turmeric gyoza pastry

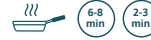
INGREDIENTS

Chicken, water, wheat flour, cabbage, carrot, textured vegetable **soy** protein, onion, palm oil, **wheat** starch, modified starch, sugar, spring onion, yeast extract, corn starch, light **soy** sauce (**soybean**, **wheat**), salt, artificial truffle flavour, pepper, fully refined soybean oil, flavour enhancer (monosodium glutamate), rice flour, stabilizer (processed eucheuma seaweed), **wheat gluten**, d-xylose, turmeric, powder

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

COOKING INSTRUCTIONS

For best results **PAN-FRY**



Method 1: Pan-Fry – Remove the gyoza from packaging. Spread a little oil on a non-stick pan. Arrange the gyoza neatly in the pan and add a little water to cover 1/4 of the gyoza. Cover with a lid and simmer for **5-6 min** or until the water evaporates. Remove the lid, add 1 tablespoon of oil, and griddle for **2-3 min** until the gyoza are nice and crispy.

Method 2: Steam or Microwave, then Pan-Fry – Steam or microwave the gyoza as per cooking instructions below. Heat 1 tablespoon of oil in a non-stick pan over medium heat. Griddle the gyoza for **2-3 min** until they are nice and crispy.

STEAM



Remove the gyoza from packaging. Place the gyoza in a steamer/basket lined with greaseproof paper over boiling water and cover with the lid. Steam thoroughly for **5-6 min**. Remove steamer/basket from the heat. Watch out for the hot steam when removing the lid!

MICROWAVE



Open container and remove sauce dish (if included). Arrange the gyoza neatly and add 1 tablespoon of water. Cover loosely with lid. Microwave according to cooking instructions above. Watch out for the hot steam when removing the lid!

Allow to stand for **1 min**. Best enjoyed while gyoza are hot. Do not reheat. Guide for 1 pack only.

NUTRITION

Typical values	Per pack	Per 100g
Energy Value (kcal)	272	170
Protein (g)	12.0	7.5
Carbohydrate (g)	38.4	24
Tot. Sugars (g)	5.6	3.5
Fat (g)	7.2	4.5
Sat. Fat (g)	3.4	2.1
Dietary Fibre (g)	3.2	2
Salt (g)	1.52	0.95
Reference intake (adult), Energy 2000kcal Fat 70g, Saturates 20g, Sugars 90g, Salt 6g		



prawn gyoza

8 gyoza | 185g e

prawns cooked with white fish meat, bamboo shoot and aromatic spices, all wrapped in a traditional wheat-based pink gyoza pastry

INGREDIENTS

Prawn, water, **wheat** flour, white **fish** meat, bamboo shoot, mixed vegetable oil (fully refined soybean oil, spring onion, onion, ginger, shallot), textured vegetable **soy** protein, **wheat** starch, modified starch, sugar, potato starch, carrot, **sesame** oil, salt, yeast extract, fully refined soybean oil, rice flour, stabilizer (processed Eucheuma seaweed), d-xylose, colour (cochineal)

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

COOKING INSTRUCTIONS

For best results **PAN-FRY**



Method 1: Pan-Fry – Remove the gyoza from packaging. Spread a little oil on a non-stick pan. Arrange the gyoza neatly in the pan and add a little water to cover 1/4 of the gyoza. Cover with a lid and simmer for **5-6 min** or until the water evaporates. Remove the lid, add 1 tablespoon of oil, and griddle for **2-3 min** until the gyoza are nice and crispy.

Method 2: Steam or Microwave, then Pan-Fry – Steam or microwave the gyoza as per cooking instructions below. Heat 1 tablespoon of oil in a non-stick pan over medium heat. Griddle the gyoza for **2-3 min** until they are nice and crispy.

STEAM



Remove the gyoza from packaging. Place the gyoza in a steamer/basket lined with greaseproof paper over boiling water and cover with the lid. Steam thoroughly for **5-6 min**. Remove steamer/basket from the heat. Watch out for the hot steam when removing the lid! Reheat.

MICROWAVE



Open container and remove sauce dish (if included). Arrange neatly the gyoza and add 1 tablespoon of water. Cover loosely with lid. Microwave according to cooking instructions above. Watch out for the hot steam when removing the lid!

Allow to stand for **1 min**. Best enjoyed while gyoza are hot. Do not reheat. Guide for 1 pack only.

NUTRITION

Typical values	Per pack	Per 100g
Energy Value (kcal)	281.6	176
Protein (g)	13.4	8.4
Carbohydrate (g)	36.8	23
Tot. Sugars (g)	6.4	4
Fat (g)	8.8	5.5
Sat. Fat (g)	1.3	0.8
Dietary Fibre (g)	1.8	1.1
Salt (g)	1.8	1
Reference intake (adult), Energy 2000kcal Fat 70g, Saturates 20g, Sugars 90g, Salt 6g		



spinach & mushroom gyoza

8 gyoza | 185g e



spinach and shiitake mushroom cooked with aromatic spices, all wrapped in a traditional wheat-based green gyoza pastry

INGREDIENTS

Spinach, **wheat** flour, textured vegetable **soy** protein, shiitake mushroom, water, modified starch, sugar, chive water, **wheat** starch, light **soy** sauce (**soybean**, **wheat**), ginger, **sesame** oil, fully refined soybean oil, garlic, dark **soy** sauce (**soybean**, **wheat**), salt, rice flour, **wheat** gluten, pepper, d-xylose

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

COOKING INSTRUCTIONS

For best results **PAN-FRY**



Method 1: Pan-Fry – Remove the gyoza from packaging. Spread a little oil on a non-stick pan. Arrange the gyoza neatly in the pan and add a little water to cover 1/4 of the gyoza. Cover with a lid and simmer for **5-6 min** or until the water evaporates. Remove the lid, add 1 tablespoon of oil, and griddle for **2-3 min** until the gyoza are nice and crispy.

Method 2: Steam or Microwave, then Pan-Fry – Steam or microwave the gyoza as per cooking instructions below. Heat 1 tablespoon of oil in a non-stick pan over medium heat. Griddle the gyoza for **2-3 min** until they are nice and crispy.

STEAM



Remove the gyoza from packaging. Place the gyoza in a steamer/basket lined with greaseproof paper over boiling water and cover with the lid. Steam thoroughly for **5-6 min**. Remove steamer/basket from the heat. Watch out for the hot steam when removing the lid! reheat.

MICROWAVE



Open container and remove sauce dish (if included). Arrange neatly the gyoza and add 1 tablespoon of water. Cover loosely with lid. Microwave according to cooking instructions above. Watch out for the hot steam when removing the lid!

Allow to stand for **1 min**. Best enjoyed while gyoza are hot. Do not reheat. Guide for 1 pack only.

NUTRITION

Typical values	Per pack	Per 100g
Energy Value (kcal)	272	170
Protein (g)	9.3	5.8
Carbohydrate (g)	41.6	26
Tot. Sugars (g)	8.8	5.5
Fat (g)	6.4	4
Sat. Fat (g)	0.9	0.6
Dietary Fibre (g)	5.4	3.4
Salt (g)	1.76	1.1
Reference intake (adult), Energy 2000kcal Fat 70g, Saturates 20g, Sugars 90g, Salt 6g		



char siu bun

4 buns | 214g e

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		



vegetable sticky rice

3 lotus leaf rice wraps | 210g e



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 e

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



From chilled

From chilled

From chilled

Preheat oven. Remove all packaging. Distribute spring rolls evenly on a preheated baking tray in the centre of the 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 e



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%), **celery** (5.4%), palm oil, sugar, potato starch, **soybean** oil, salt, garlic, **sesame** 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		



honey glazed spare ribs

half rack (approx. 4/5 ribs) | 300g € , honey | 30g €



marinated pork spare ribs

INGREDIENTS

Ribs 90%, tomato ketchup (tomato, water, thickener (modified starch), salt, acidity regulator (acetic acid), sugar, spices and spices extracts, preservative (potassium sorbate), sweeteners (aspartame, sodium saccharin), black carrot extract), water, sugar, orange juice, hoi sin sauce (sugar, fermented salted **soybean** (soybean, wheat flour, salt, water), rice vinegar, water, garlic, red rice koji, salt, spices, colour: plain caramel, **sesame oil**, chilli), salt, ginger, garlic, five spice, paprika.

BBQ sauce: water, tomato ketchup (tomato, water, thickener (modified starch), salt, acidity regulator (acetic acid), sugar, spices and spices extracts, preservative (potassium sorbate), sweeteners (aspartame, sodium saccharin), black carrot extract), sugar, orange juice, hoi sin sauce (sugar, fermented salted **soybean** (soybean, wheat flour, salt, water), rice vinegar, water, garlic, red rice koji, salt, spices, colour: plain caramel, **sesame oil**, chilli), ginger, garlic, salt, paprika, five spice, potato starch

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

COOKING INSTRUCTIONS

OVEN BAKE



Preheat oven. Remove ribs carefully from packaging. Place ribs rack on a baking tray in the centre of a pre-heated oven for **20 min**. Turn halfway through cooking, remove carefully from oven. Add honey seasoning. Return to oven and cook for further **3-5 min**. Check food is hot before serving. Allow to stand for **1 min**. Guide for 1 pack only. Two or more packs will require longer cooking time. **Do not reheat**. All cooking appliances vary. This is a guide only.

Warning: This product may contain sharp bones.

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

Serving suggestions: Drizzle with honey and sprinkle with toasted sesame seeds.

NUTRITION

Typical values	Per pack	Per 100g
Energy Value (kJ)	2696.3	817.1
Energy Value (kcal)	642.8	194.8
Protein (g)	47.4	14.4
Carbohydrate (g)	38.4	11.6
Tot. Sugars (g)	36.9	11.2
Fat (g)	336	10.2
Sat. Fat (g)	13	3.9
Dietary Fibre (g)	0.3	0.1
Salt (g)	2.6	0.8
Reference intake (adult), Energy 2000kcal Fat 70g, Saturates 20g, Sugars 90g, Salt 6g		



smoked chilli chicken wings

approx. 8 wings | 270g €
chilli tomato sauce | 80g €



cherry wood smoked chicken wings with chilli tomato sauce

INGREDIENTS

Chicken wings 95%, **soy** sauce (water, **soy**, **wheat** flour, salt), brown sugar, water, rice vinegar, worcestershire sauce (**malt** vinegar (**barley**), spirit vinegar, molasses, sugar, salt, **anchovies** (**fish**), tamarind extract, onions, garlic, spice, flavourings), ginger, garlic.

Chilli tomato sauce: tomato ketchup (tomato, water, thickener (modified starch), salt, acidity regulator (acetic acid), sugar, spices and spices extracts, preservative (potassium sorbate), sweeteners (aspartame, sodium saccharin), black carrot extract), sriracha (chilli, water, sugar, vinegar, garlic, salt, xanthan gum), rice vinegar, light **soy** sauce (water, **wheat** flour, **soy**, salt), brown sugar, smoked flavouring

For allergens see ingredients in **bold**

COOKING INSTRUCTIONS

OVEN BAKE



Preheat oven. Remove all packaging. Place chicken wings on a baking tray in the centre of a pre-heated oven for **20 min**. Turn halfway through cooking. Remove carefully from oven and drain the cooking juices, add sauce ensuring all chicken wings are completely covered. Return to oven and cook for further **5 min**. After cooking: Check food is piping hot. All cooking appliances vary. **Do not reheat**. Guide for 1 pack only.

Warning: This product contains bones.

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

Serving suggestions: Garnish with thinly chopped spring onion and fresh red chilli.

NUTRITION

Typical values	Per pack	Per 100g
Energy Value (kj)	1811.9	517.7
Energy Value (kcal)	432.2	123.5
Protein (g)	37.4	10.7
Carbohydrate (g)	20.2	5.8
Tot. Sugars (g)	19.2	5.5
Fat (g)	22.2	6.3
Sat. Fat (g)	6.1	1.8
Dietary Fibre (g)	1	0.3
Salt (g)	3.3	0.9
Reference intake (adult), Energy 2000kcal Fat 70g, Saturates 20g, Sugars 90g, Salt 6g		

*ALLERGIES AND INTOLERANCES

Although we separate ingredients and clean down all work areas and equipment, the presence of allergenic ingredients in our kitchens means we cannot guarantee any of our dishes are free of those allergens. If you have a severe allergy we would advise our menu may not be suitable for you. We take allergies very seriously and we work hard to provide a wide choice to fit a range of dietary needs. If you need further details about our **Ready to Steam** products, please contact shop@pingpong-group.com

Please note: all our dishes and drinks may contain traces of nuts, nut oils or egg. **Please be aware:** shrimp is a common ingredient used in many forms of Asian cooking.

