

CHICKEN & VEGETABLE POTSTICKERS

Ingredients: filling; chicken, cabbage, canola oil, green onion, water, oyster sauce (cooked oyster maltodextrin, fermented soybeans, wheat, modified corn starch, hydrolyzed (corn, soy and wheat) protein, caramel colour, citric acid, sodium benzoate, partially hydrogenated soybean and cottonseed oil) modified corn starch, ginger, salt, yeast extract, sesame oil, sugar spices. Wrapper: wheat flour water, canola oil, salt, sugar Contains: wheat, soy, sesame, shellfish.

Cooking Directions:

Traditional Method:

1. For entire contents add 2 Tbsp (15 mL) cooking oil in a nonstick pan, place Potstickers flat side down in a single layer.
2. Add cold water to immerse 1/4 of dumplings. Cover pan and cook until water has evaporated (approx 5 mins)
3. Remove cover and cook until brown. Serve with your favorite dipping sauce.

Boiling Method:

1. Bring a large saucepan of water to a rapid boil. Place frozen Potstickers in the water with a spoon, taking care not to splash. Stir gently from time to time to prevent sticking.
2. Boil at high heat until the dumplings float to the surface. Serve
- 3.

Steaming Method:

1. Boil water in a steam cooker, line the steamer with cabbage leaves and place Potstickers on top of the leaves.
2. Cover steamer and cook for approximately 10 minutes.

Deep Frying:

1. Preheat cooking oil to 175°C/350°F and cook dumplings for 4-5 minutes until golden brown.

Soup:

1. Bring 2 cups of chicken or beef soup base to a boil.
2. Add chopped green onions, your choice of vegetables and Potstickers. Cook until dumplings float to the top and serve.

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Nutrition Facts

Serving Size 4 Potstickers

Amount Per Serving

Calories 190

% Daily Values*

Total Fat 7g **11%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 420mg **18%**

Total Carbohydrate 21g **7%**

Dietary Fiber 0g **0%**

Sugars 2g

Protein 10g **20%**

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

		Calories	2,000	2,500
Total Fat	Less than		65g	80g
Sat Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2400mg	2400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g