**Cooking Instructions:**

**\* Do Not Boil \***

**Pan fry:**

1. Heat **Non-Stick Pan** at Medium/ High

2. Add 1 tablespoon Oil

3. Add frozen dumplings

4. Brown bottom of dumplings

5. Add 1/3 cup cold water

6. Cover for 4- 6 minutes or until wrapper turns translucent

7. Turn dumplings, fry to desired crispiness and serve

**Ingredients:**

**Filling:** Tofu, Brown Rice, Edamame, Water Chestnut, Red Miso (Water, Soy Beans, Rice, Salt), Tamari (Water, Soy Beans, Salt Sugar), Mirin (Water, corn syrup, alcohol, rice, salt), Ginger, Green Onion

**Wrapper:** Rice Flour, Tapioca Flour, Glutinous Rice Flour, Spinach Powder, Xantham Gum

**Dumpling Sauce:** Tamari, Rice Vinegar, Sesame Oil, Sugar, Water

**Contains: Soy**

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Manufactured in a Gluten Free dedicated facility.