

CUT OR TEAR HERE - KEEP FROZEN STAY FRESH - RESEALABLE BAG

COUPER OU DÉCHIRER ICI - GARDER CONGELÉ

RESTER FRAIS - SAC RESEALABLE



# WINGTAT GAME BIRD PACKERS

and simple to prepare, and ready in minutes. Wingtat Potstickers™ are enjoyed as savoury snack, appetizer or meal.

Established in 1989, we are a Canadian federally registered and HACCP accredited poultry processor in beautiful British Columbia. We have been processing B.C. raised poultry for over 30 years and supplying our products to consumers throughout North America and Asia. Our company is reputable for our Asian specialty free-run chicken, silkie, quail, cornish, duck, and partridge. Wingtat is delighted to pair our fine quality, free-run chicken meat together with potstickers. It is a comfort food that is convenient

## COOKING INSTRUCTIONS

COOK THOROUGHLY / NE PAS DÉCONGELER, FAIRE BIEN CUIRE.

## CLASSIC PAN-FRY

Add 2 tbsp. cooking oil to a nonstick pan preheated on medium-high heat. Place Wingtat Potstickers™ flat side down in a single layer. Add enough water or broth to cover Potstickers™ halfway. Cover and cook until liquid has evaporated (approx. 8 minutes). Remove cover and cook until golden brown. Turn and brown opposite side if desired. Serve.



## BOILING

Bring a pot of water to a boil. Carefully add Wingtat Potstickers™. Boil until Potstickers™ float to the surface, stirring occasionally to prevent sticking. Remove and serve. Soup Option: Instead of water, use your favourite broth. Try adding fresh or frozen vegetables. Serve Potstickers™ in soup.



### STEAMING

Line a steamer tray with lettuce or cabbage leaves, Add Wingtat Potstickers™. Cook over boiling water for 10 minutes. Serve.



Preheat cooking oil to 175° C (350° F). Carefully lower Wingtat Potstickers™ into oil and cook for 4-5 minutes until golden brown. Remove and serve.



Ingredients: FILING: chicken, cabbage, onion, green onion, carrot, seame oil, model plant sale, alcohol, bacteria/yeast culture), cando oil propusodo, dan seame poul, carrot, carrot oil propusodo, dan seame pound carrot, chicken soup basse (deutrous consecution), and propusodo, dan seame pound carrot, chicken soup basse (deutrous consecution), and carrot of deutrous dans to the chicken soup basse (deutrous consecution), and carrot of deutrous dans to the chicken soup basse (deutrous consecution), and carrot of deutrous dans to deutrous deutr yoss etrate, matodevirin, high oleic sunflower cill), taploca standards control of the city standard particle standards and control of the city standard particle standards and control of the city standard particle standards and city standards and city standards stan

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VOIR LA DATE DE

### Per 4 pc (80 g) par 4 morceaux (80 g) % Daily Value Calories 160 Fat / Lipides 5 g Saturated / saturés 1 g +Trans / trans 0 g Carbohydrate / Glucides 23 g Fibre / Fibres 2 g Sugars /Sucres 1 g Protein / Protéines 7 g Cholesterol / Cholestérol 11 mg 4%

**Nutrition Facts** 

Valeur nutritive

Sodium 280 mg 12% 2% Potassium 90 mg 2% Calcium 21 mg 10 % Iron / Fer 1 mg "5% or less is a little, 15% or more is a lot "5% ou moins c'est peu, 15% ou plus c'est be

