



# **Chicken & Vegetable Whole Wheat Dumplings Pack Out Prep Guide & Heat at Home Instruction Sheet**

# Product Assembly

## Step 1



### Prepare product and packaging

**Product:** Frozen Chef One™  
Chicken and Vegetable Dumpling  
with Whole Wheat Wrapper

**Packaging:** 8oz MINH® To-go  
Container or regular 8oz Asian To-go  
Container.

**Note:** One (1) bag of dumplings will yield  
approximately nine (8) 6-piece portions

## Step 2



### Packing Products

Place Six (6) frozen or thawed  
dumplings into each 8 oz MINH®  
to-go container.

Six Dumpling Serving =  
2 Grain / 2 Meat

## Step 3



### Seal container, label and date packaging.

Place uncooked product into the  
freezer for up to 1-2 weeks.

# Student At-Home Microwave Instructions



## Directions to heat your Chef One™ Dumpling To-go Box at home Prepared from a Frozen State

**Asian To-go Container:** To prepare, open top of container, add 1 Tbsp of water to the container and reseal it.



1. Place container in Microwave.
2. Cook on HIGH for 2 minutes.
3. Let sit 1 minute in microwave.
4. Carefully open container.

**Microwave Safe Plate:** Place content onto a microwave safe plate. Add 1 Tbsp of water to the plate then cover it with plastic wrap.



1. Place Plate in Microwave.
2. Cook on HIGH for 2 minutes.
3. Let sit 1 minute in microwave.
4. Carefully remove plastic wrap.

**Caution:** Container will be extremely hot. **Note:** Microwave ovens vary; adjustments may be necessary to cook thoroughly. **Important:** For food safety and quality, cook to an internal temperature of 165°F before eating. Keep frozen until ready to use. Refrigerate or discard unused portion.