



**freee**



**HOB COOKED DUMPLINGS**

135g FREEE Dumpling Mix  
80ml milk (5½ tablespoons)

1. Tip the dumpling mix into a bowl, add the milk and stir vigorously to make a soft dough then cover and rest for 10 minutes.
2. Divide the dough into 8 pieces and roll each into a ball.
3. Bring a saucepan of stock or soup to the boil, add the dumplings and simmer gently for 15-20 minutes.

**OVEN COOKED DUMPLINGS**

135g FREEE Dumpling Mix  
80ml milk (5½ tablespoons)

1. Tip the dumpling mix into a bowl, add the milk and stir vigorously to make a soft dough then cover and rest for 10 minutes.
2. Divide the dough into 8 pieces and roll each into a ball.
3. Twenty minutes before your dish of stew is cooked, lay the dumplings on top and continue cooking for 15-20 minutes.

**PLANT SWAP**

Swap milk for a plant-based alternative.

**TOP TIP**

Add a teaspoon of your favourite dried or chopped fresh herbs to the mixing bowl to make herb dumplings.

UK Doves Farm Foods Ltd, Salisbury Road, Hungerford, RG17 0RF, UK EU G-Free Alimentare Srl, Via Giuseppina 124, 26048 Sospiro, Cremona, IT

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**GLUTEN FREE Dumpling Mix**

**Ingredients:** flour blend (rice, potato, tapioca, maize), palm oil\*, raising agents (mono-calcium phosphate, sodium bicarbonate), salt, thickener (xanthan gum). Made in the UK with EU & non-EU rice. \* Responsibly sourced.

**Best before:** see bottom of pack.

**Storage:** store in a cool dry place.

Always cook flour before consumption.

Nutrition	
Typical values	Per 100g as sold
Energy	1878kJ 448kcal
Fat	20.5g
of which saturates	12.5g
Carbohydrate	63g
of which sugars	0.2g
Fibre	0.5g
Protein	3.2g
Salt	2.71g

135g e



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**dumpling mix**

**GLUTEN FREE**

Makes up to 8 small dumplings

**new**



JUST ADD MILK

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When it's cold outside I can think of nothing better than making a hearty stew, topped with delicious dumplings. Our gluten free recipe is so easy to make by simply adding milk and cooking them on the hob or in the oven.

Clare  
FOUNDER. FREEE

Why not try some of our other mixes?

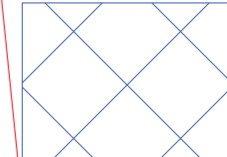


Scan me to see more mixes and recipes

V1



Best before:



EPS500484

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Colours:  
cmyk process

Finish: Matt  
varnish on  
uncoated board

