

Ingredients: 100% Sesame seeds.
Allergens: Contains Sesame.

Weight: Net: 350g Gross: 545g
Storage: Keep away from heat, moisture and direct sunlight. Tahini Royal are not responsible for incorrect product storage by the customer.
Shake well before use.

Nutrition	Typical values / 100g
Energy Value kJ	2761 kJ
Energy Value kcal	667 kcal
Protein	27.9 g
Carbohydrates	6.2 g
Fat	57.9 g
Saturated Fatty Acids	10.0 g
Sugar	0.1 g
Sodium	20.0 mg
Salt	50.0 mg





TAHINI ROYAL™

PURE FRESH

Tahini

100% PURE SESAME TAHINI

NO PRESERVATIVES, ADDITIVES OR WHITENING

Try these great Tahini ideas!

Make the perfect Tahini dip: Mix 5 tablespoons of Tahini with 100ml water until smooth. Then add the juice of one lemon and a little salt to taste. If you like, add a little finely chopped garlic or parsley.

Tahini on toast: Take 2 tablespoons of Tahini and add 1 tablespoon of honey, syrup or maple syrup. Mix and then spread on fresh warm toast. Delicious!

Tahini sauce: Mix 5 tablespoons of Tahini with 200ml water and add as a sauce to your fish or roast meat dish. Ideal with a salad, with falafel, and great with chips too!

Stir fry: Add 2 tablespoons of Tahini to your stir fry chicken or pork for something deliciously different.

Make your own Hummus: Rinse 200g tinned chickpeas and mix with 4 tbsp Tahini, 1 tbsp lemon juice, 1 garlic clove, and pinch of salt in a food processor for a few minutes until smooth. Then add more lemon juice and salt to taste. Perfect hummus!

Suitable for Vegans.

Tahini Royal is pure Tahini, which means each pack goes further than other brands!

Made in the UK by Tahini Royal
(Part of I&E Trading Ltd.)
7 Hove Park Villas, Hove, East Sussex
BN3 6HP Tel: 01273 525 981
www.tahiniroyal.co.uk

