

## HOW TO DO SEITAN

Chop, cook, enjoy. Remove packaging and try it torn or sliced!



Medium heat  
8 mins

**Fry:** Heat 1tbsp of oil in a pan and fry, turning frequently.



200°C/180°C Fan  
Gas Mark 6/12 mins

**Bake:** Preheat oven. Toss in 1tsp of oil and bake on tray, turning halfway through.

All appliances vary, these are guidelines only. Ensure Seitan is piping hot before serving.

Pasteurised Chicken Flavour Seitan,  
made with Tofu.

## INGREDIENTS

Tofu (51%) (Water, **Soya** Beans (36%), Nigari), Water, Seitan Blend (22%) (**Wheat** Gluten, Salt, Thickener (Hydroxypropyl Methyl Cellulose)), Rapeseed Oil, Chicken Flavouring (Natural Flavouring Substances, Flavouring Preparations).

For allergens, including cereals containing gluten, see ingredients in **BOLD**.

The Tofoo Company Ltd.  
4 Rye Close, Malton, North Yorkshire, YO17 6YD  
The Tofoo Co. (Ireland) Ltd. Floor 3, Block 3,  
Miesian Plaza, Dublin 2, D02 Y754

Get in touch at [hello@tofoo.co.uk](mailto:hello@tofoo.co.uk)

## NUTRITION

Pack contains approx. 3 servings.

TYPICAL VALUES (AS SOLD)	PER 100g	PER SERVING APPROX 75g
Energy	682 kJ 162 kcal	512 kJ 122 kcal
Fat	6.9g	5.2g
- of which saturates	1.2g	0.9g
Carbohydrate	2.7g	2.0g
- of which sugars	0.2g	0.2g
Fibre	0.1g	< 0.1g
Protein	22.5g	16.9g
Salt	1.49g	1.12g

## STORAGE

Keep refrigerated below 5°C.

Once opened place in an airtight container, use within 24 hours. Suitable for freezing. Defrost fully before use, keep refrigerated and use with 3 days. Do not refreeze.



225g

