

H 180mm



D 70mm W 190mm

OUR INGREDIENTS

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Spinach (48%), Potato Flakes, Sunflower Oil, Potato, Diced Onion, Water, Carrot (3%), Sunflower Seeds, Maize Flour, Maize Starch, Potato Starch, Dried Vegetables (Onion Powder, Tomato Powder, Garlic Powder), Salt, Citrus Fibre, Red Beet, Ground Black Pepper.

Produced in a factory that handles wheat.



Net Weight 300g
(Piece Count: 12 approx.)

COOKING INSTRUCTIONS / NUTRITIONAL INFORMATION

AIR FRY

1. Preheat air fryer to 180°C.
2. Place the product in a single layer in the air fryer basket.
3. Cook for 10-12 minutes, shaking the basket halfway through.

FAN ASSISTED OVEN

1. Preheat oven to 180°C.
2. Place the product on a tray in a single layer.
3. Cook for 16-18 minutes, turning the product halfway through.

Always cook from frozen. All appliances vary and these are guidelines only.

CAUTION. FOOD MUST BE COOKED THOROUGHLY. PRODUCT MUST BE PIPING HOT.

NUTRITIONAL INFORMATION

Approx. 3 servings per bag • Serving size 4 bites 80g

Typical values	Per 100g as sold	Per 80g as consumed (Air Fried)	
Energy	809	690	kJ
Energy	194	165	kcal
Fat	8.7	7.6	g
of which saturates	1.0	0.9	g
Carbohydrate	22.0	18.4	g
of which sugars	1.7	1.0	g
Fibre	4.6	4.3	g
Protein	4.3	3.6	g
Salt	0.50	0.47	g

- CRISPY CARROT CRUMB
- VIBRANT COLOUR & DELICIOUS FLAVOUR
- 48% SPINACH - LOVELY LEAFY GREENS
- 165 KCAL PER SERVING (4 BITES)
- CLIMATE FOOTPRINT: 1.7KG CO2E
- LOW IN SATURATED FAT
- NO ARTIFICIAL COLOURS OR FLAVOURS
- VEGAN CERTIFIED
- RECYCLABLE PACKAGING



INGREDIENT BREAKDOWN

SPINACH (48%) is an extremely nutrient-rich vegetable with a light and mild flavour.

POTATO FLAKES are cooked and mashed potatoes that are dehydrated and broken up into flakes, they act as a natural stabiliser and help form the filling.

Our choice of **SUNFLOWER OIL** is based on its stability under high heat conditions.

Adding **POTATO** balances the internal structure of the Air Bite.

DICED ONION adds natural flavour and some contrasting texture.

CARROT (3%) form the majority of the all-veggie crumb formulated for optimal results from the Air Fryer.

SUNFLOWER SEEDS impart a toasty/nutty flavour and texture on the Air Bite.

MAIZE STARCH is a lovely natural stabiliser for the internal mix.

MAIZE FLOUR, POTATO STARCH & WATER combine to form the light batter that helps the vegetable crumb adhere to the veggie core

DRIED VEGETABLES (ONION POWDER, TOMATO POWDER, GARLIC POWDER) add seasoning and depth of flavour.

SALT is an essential seasoning that balances all the flavours in the bite.

CITRUS FIBRE is made from citrus peels, an abundant by-product of the juice industry. A great natural stabiliser and contains dietary fibre.

RED BEET is added to provide some contrasting colour to the crumb.

GROUND BLACK PEPPER adds a familiar spice to the flavour profile.