

COOKING SUGGESTIONS

- Stir-fry with your favourite vegetables.
- Add to a simple vegetable broth or miso soup to soak up the flavour and add a chewy texture
- Chop into bite-sized pieces and add to stir-fried rice for extra texture and protein
- Thread onto skewers and grill with your favourite marinade. Serve with a side of dipping sauce

Emma Basic is an additive-free food brand for home cooking.
By choosing Emma Basic you safeguard yourself from all food additives.
Reading labels on food packaging can be daunting. There are thousands of additives approved by food authorities, legal but harmful to us. Colourings, emulsifiers, sweeteners, thickeners etc. Emma Basic promises: 'Never Any Additives'. We've removed all the additives for you.

Ingredients: Water, **Soybean**, Palm oil (RSPO certified).
For allergens see ingredients in **bold**.
Keep frozen at or below -18°C. Once defrosted consume within 24 hours.
Suitable for hot pot or stir-fry.

Nutritional Information	Per 100g
Energy	1053kJ / 252kcal
Fat	19g
of which saturates	5.8g
Carbohydrates	2.2g
of which sugars	0.1g
Protein	18g
Salt	0.2g



Get in touch!

We want you to love our product. If any Emma Basic product does not live up to your expectation, reach out to us.
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Produced in China for:
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Best Before:



豆腐パフ

Tofu Puffs

