

ORGANIC PROTEIN MINCE PEA & FAVA

OUR RECIPE

GB ORGANIC TEXTURED PEA AND FAVA PROTEIN MINCE

Ingredients: Pea Protein Concentrate* (80%), Fava Bean Protein Concentrate* (19%), Salt. * = Certified Organic Ingredients. Store dry. Best before: see back of pack.

D ERBSEN AND FABA SCHNETZEL FEIN -BIOLOGISCH

Zutaten: Erbsenproteinkonzentrat* (80%), Fababohnenproteinkonzentrat* (19%), Salz. * = aus kontrolliert biologischem Anbau. Trocken lagern. Mindestens haltbar bis: siehe Rückseite des Pakets.

F ÉMINCÉ DE PROTÉINES DE POIS TEXTURÉES BIOLOGIQUES

Ingredients: concentré de protéines de pois* (80%), concentré de protéines de fèves des marais* (19%), sel. * = issus de l'agriculture biologique. Conserver dans un endroit sec. A consommer de préférence avant le: voir au dos du paquet.

NL BIOLOGISCHE GETEXTUREERDE ERWTENPROTEÏNE

Ingrediënten: erwtenproteïneconcentraat* (80%), tuinboon proteïneconcentraat* (19%), zout. * = van gecontroleerde biologische landbouw. Bewaren op en droge plaats. Ten minste houdbaar tot: zie achterkant van pakket.

GB Serving suggestion: Soak in water for 10 minutes until the protein has rehydrated, then drain. Heat in a pan and use in your favourite recipe.

D Serviervorschlag: 10 Minuten in Wasser einweichen, bis das Protein rehydriert ist, dann abtropfen lassen. In einer Pfanne erhitzen und in Ihrem Lieblingsrezept verwenden.

F Suggestion de présentation: Faire tremper dans l'eau pendant 10 minutes jusqu'à ce que la protéine se soit réhydratée, puis égoutter. Chauffer dans une casserole et utiliser dans votre recette préférée.

NL Serveertip: Week 10 minuten in water totdat het eiwit is gerehydrateerd en laat het vervolgens uitlekken. Verhit in een pan en gebruik in je favoriete recept.

SPEEDY VEGAN BOLOGNESE

Ingredients (serves 4)

- 125g Profusion Organic Pea & Fava Protein Mince
- 1L water
- 1 tsp salt
- 35g Beetroot juice (optional)
- 2 Onions, finely chopped
- 2 Carrots, finely chopped
- 1 Can of chopped tomatoes
- 2 tbsp tomato puree
- 2 cloves of garlic
- 3 tsp dried oregano
- Oil for frying
- Salt and pepper

Method:

Empty one packet of Profusion Organic Pea & Fava Protein Mince into 1L of cold water, along with 1 tsp salt and 35g beetroot juice (optional) for 10 minutes until the protein has rehydrated, then drain.

Heat a little oil in a pan and add the onion, garlic and carrots. Fry on a low heat until the onion is translucent.

Add the rehydrated protein mince to the pan and fry on a medium heat until the mince becomes crisp on the outside.

Add tomato puree and fry this off for a few minutes, followed by the chopped tomatoes.

Season with oregano, salt and pepper and simmer for 10 minutes.

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ORGANIC PROTEIN MINCE PEA & FAVA

50g
PLANT
PROTEIN
Per 100g

PRO → FUSION
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ORGANIC PROTEIN MINCE PEA & FAVA

Pump up the protein in your plant-based meals using our Organic Pea & Fava Protein Mince.

Simply add this vegan meat substitute to bolognese or chillis for added oomph.

Just rehydrate then get cooking!

GLUTEN FREE VEGAN SOYA FREE

HIGH PLANT PROTEIN HIGH IN FIBRE

125ge

PRO → FUSION
DRIVEN BY NATURE

AVERAGE NUTRITIONAL VALUES/
durchschnittliche Nährwerte/ valeur
nutritionnelle moyenne pour/ gemiddelde
voedingswaarde/ PER 100G

Energy/Energie/energie/energie	1363kJ/322kcal
Fat/Fett/matières grasses/vetten	4g
of which saturates/davon gesättigte Fettsäuren/dont acides gras saturés/ waarvan verzadigde vetzuren	0.8g
Carbohydrate/Kohlenhydrate/glucides/ koolhydraten	14g
of which sugars/davon Zucker/dont sucres/waarvan suikers	2.6g
Fibre/Ballaststoffe/fibres alimentaires/vezels	14g
Protein/Eiweiß/protéine/eiwitten	50g
Salt/Salz/sel/zout	1.1g



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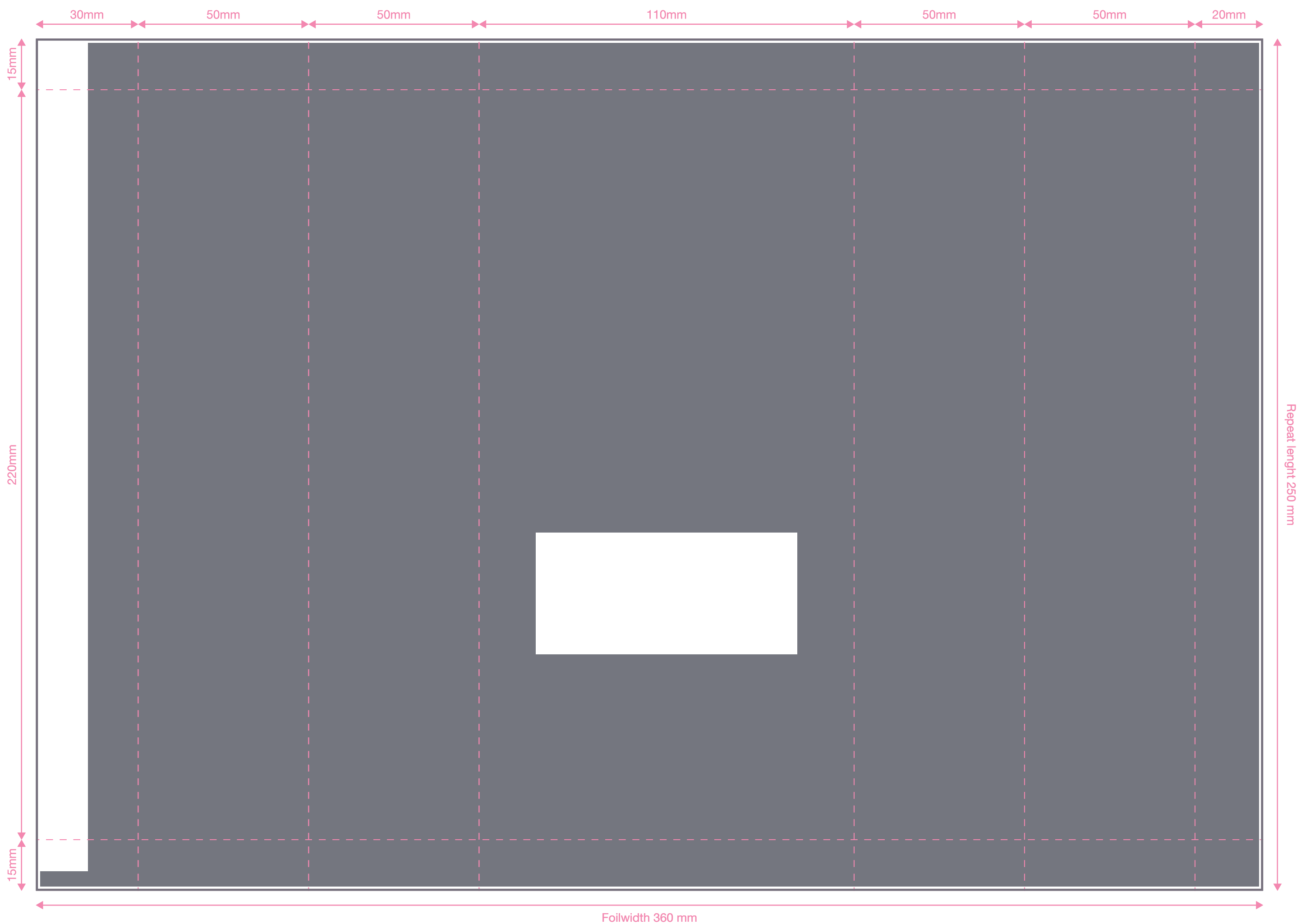


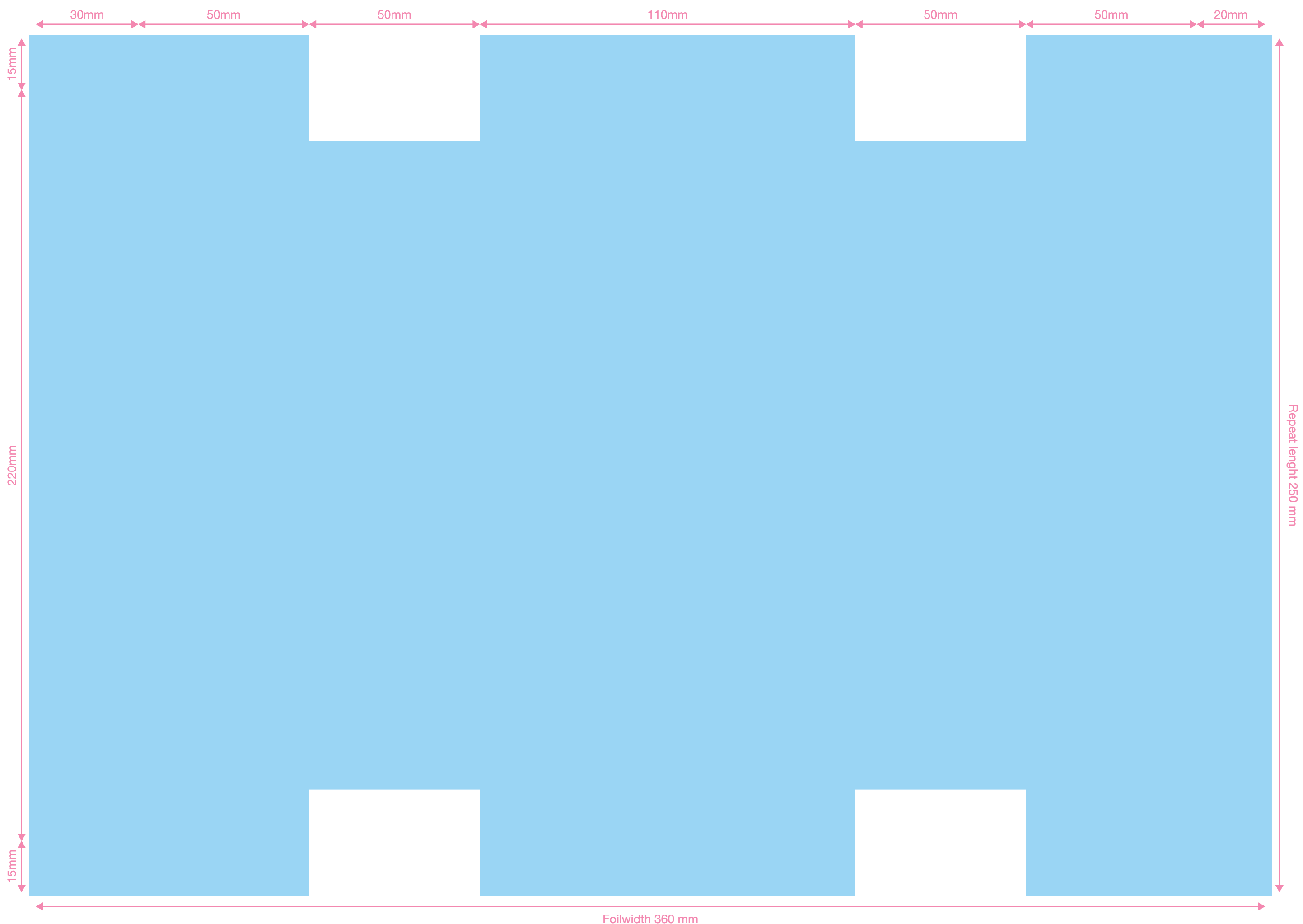
DK-OKO-100
EU Agriculture
EU Landwirtschaft
Agriculture UE
EU Landbouw



125ge

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