

ORGANIC PROTEIN SHREDS PEA & FAVA

OUR RECIPE

GB ORGANIC TEXTURED PEA AND FAVA PROTEIN SHREDS

Ingredients: Pea Protein Concentrate* (80%), Fava Bean Protein Concentrate* (19%), Salt. * = Certified Organic Ingredients.

Store dry. Best before: see back of pack.

Serving suggestion: Soak in water for 15 minutes until the protein has rehydrated, then drain. Heat in a pan and use in your favourite recipe.

D ERBSEN AND FABA SCHNETZEL GROB -BIOLOGISCH

Zutaten: Erbsenproteinkonzentrat* (80%), Faba-Bohnenproteinkonzentrat* (19%), Salz. * = aus kontrolliert biologischem Anbau.

Trocken lagern. Mindestens haltbar bis: siehe Rückseite des Pakets.

Serviertips: 15 Minuten in Wasser einweichen, bis das Protein rehydriert ist, dann abtropfen lassen. In einer Pfanne erhitzen und in Ihrem Lieblingsrezept verwenden.

F MORCEAUX DE PROTÉINES DE POIS TEXTURES BIOLOGIQUES

Ingédients: 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.

À consommer de préférence avant le: voir au dos du paquet.

Suggestion de présentation: Faire tremper dans l'eau pendant 15 minutes jusqu'à ce que la protéine se soit réhydratée, puis égoutter. Chauffer dans une casserole et utiliser dans votre recette préférée.

NL BIOLOGISCHE GETEXTUREERDE ERWTENPROTEINEBROKKEN

Ingrediënten: erwteneiwitconcentraat* (80%), tuinboon eiwitconcentraat* (19%), zout. * = van gecontroleerde biologische landbouw.

Bewaren op en droge plaats.

Ten minste houdbaar tot: zie achterkant van pakket.

Serveertip: Week 15 minuten in water totdat het eiwit is gerehydrateerd en laat het vervolgens uitlekken. Verhit in een pan en gebruik in je favoriete recept.

PROTEIN ENCHILADAS

Ingredients (serves 2)

70g Profusion Shreds
1 tsp of bouillon powder
200ml of boiling water
1 onion diced
2 cloves of garlic diced
3 tbsp of olive oil
1 medium sized carrot chopped
1 large red pepper chopped
1 tsp ground cumin
1 tsp ground coriander
1 tsp turmeric
¼ tsp hot smoked paprika (if you like it extra hot add a bit more)
1 tbsp of maple syrup
400g of chopped tomatoes
Salt to taste
4 corn wraps

Method:

Add the onions, garlic, spices and olive oil to a frying pan and fry for about 1 minute, stirring occasionally.

Add carrots and peppers and stir well. Cover with lid to soften vegetables for about 8 min.

In the meantime, mix bouillon powder with boiling water. Add the Shreds and stir well then cover with a lid to let them soak for approx. 8 min.

Add chopped tomatoes, maple syrup and salt to the vegetable mix. Add the shreds including bouillon and stir all together. Let simmer for another 10 min. approx. until the sauce has thickened.

Lastly, fill the corn wraps evenly with the vegetable mix and place in a ovenproof dish. Sprinkle with some grated cheese or vegan cheese.

Preheat oven to 200C and bake Enchiladas until light brown.

Serve with sour cream and salsa.

150ge

PRO → FUSION
DRIVEN BY NATURE

ORGANIC PROTEIN SHREDS PEA & FAVA

PRO → FUSION
DRIVEN BY NATURE

ORGANIC PROTEIN SHREDS PEA & FAVA

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

Simply add this
vegan minced meat
substitute to
plant-based kebabs
or burgers for
added oomph.

Just rehydrate then
get cooking!

GLUTEN FREE VEGAN SOYA FREE
SOURCE OF PROTEIN HIGH IN FIBRE

150ge

PRO → FUSION
DRIVEN BY NATURE

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

Energy/Energie/énergie/energie	1532kJ/364kcal
Fat/Fett/matières grasses/vetten	4.4g
of which saturates/davon gesättigte Fettsäuren/dont acides gras saturés/ waarvan verzadigde vetzuren	1.0g
Carbohydrate/Kohlenhydrate/glucides/ koolhydraten	16g
of which sugars/davon Zucker/dont sucres/waarvan suikers	3.1g
Fibre/Ballaststoffe/fibres alimentaires/vezels	16g
Protein/Eiweiß/protéine/eiwitten	57g
Salt/Salz/sel/zout	1.3g



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

150ge

Profusion, 6a Lower Teddington Road,
Kingston, KT1 4ER, UK
Profusion, Turfstekker 6, 8433 HT, Haulerwijk, NL
www.profusionorganic.co.uk

