

## HOW TO DO TOFOO

Drain. No need to press – we're special like that. Chop, cook, enjoy. Or be a rebel and eat it cold – yes – rebels eat their Tofoo cold.



Medium heat  
10 mins



200°C/180°C Fan  
Gas Mark 6/20 mins

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

**Bake:** Pre-heat oven. Toss in a little oil and bake on a tray.

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

Pasteurised organic smoked tofu.

## INGREDIENTS

Tofu\* (Water, Soya Beans\* (36%), Nigari), Sea Salt.

For allergens see Ingredients in **BOLD**.

\*Denotes organic ingredients.

## STORAGE

Keep refrigerated below 5°C. Once opened place in water in an airtight container, use within 48hrs.

Suitable for freezing, but may change the texture. Freeze as soon as possible after purchase and use within 1 month. Defrost fully before use and use on the same day. Do not refreeze.

## NUTRITION

 Pack contains approx. 3 servings.

Typical Values (As Sold)	Per 100g	Per Serving Approx 75g
Energy	609kJ 146kcal	457kJ 110kcal
Fat	7.7g	5.8g
- of which saturates	1.2g	0.9g
Carbohydrate	1.9g	1.4g
- of which sugars	<0.1g	<0.1g
Fibre	0.8g	0.6g
Protein	16.9g	12.7g
Salt	0.42g	0.32g



GB-ORG-05  
EU/NON EU Agriculture



NON UK  
Agriculture



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