

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

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



200°C/180°C Fan
Gas Mark 6/20 mins

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 tofu.

INGREDIENTS

Tofu* (Water, **Soya Beans*** (36%), Nigari).
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. 4 servings.

Typical Values (As Sold)	Per 100g	Per Serving Approx 70g
Energy	604kJ 145kcal	423kJ 102kcal
Fat	7.8g	5.5g
- of which saturates	1.2g	0.8g
Carbohydrate	1.1g	0.8g
- of which sugars	<0.1g	<0.1g
Fibre	1.9g	1.3g
Protein	16.5g	11.6g
Salt	0.06g	0.04g



GB-ORG-05

EU/NON EU Agriculture



NON UK
Agriculture



Produced by: The Tofoo Company Ltd.
4 Rye Close, Malton, North Yorkshire,
YO17 6YD

The Tofoo Co. (Ireland) Ltd. Floor 3,
Block 3, Miesian Plaza, Dublin 2, D02 Y754



Get in touch at hello@tofoo.co.uk

280g

