

MOVING MOUNTAINS

NO CHICKEN NUGGETS

HIGH IN PROTEIN - VEGAN - ZERO CHOLESTEROL

Tender and crunchy, our irresistible chicken nuggets are a deliciously dipable treat that you (and the planet) will love.

- Generates less greenhouse gas emissions* and requires less resources* to make than animal meat.
- 100% recycleable packaging
- High in protein
- Zero cholesterol

Nutrition Information per 100g:

Energy kJ	1051
Energy kcal	251
Fat	12g
of which saturates	1.3g
Carbohydrate	20g
of which sugars	0.3g
Fibre	4.0g
Protein	14g
Salt	0.9g

STORAGE INSTRUCTIONS:

Store frozen (-18°C). For best results cook from frozen. If thawed or cooked, do not refreeze and consume within 48 hours. Do not reheat.

FROZEN SHELF LIFE:

18 months from production/ 12 months minimum guaranteed.

TECHNICAL INFORMATION:

PACK SIZE: 220g PER RETAIL PACK (20g X 10 approx)

CASE SIZE: 10

PALLET SIZE: 208 CASES

BARCODE: 5060728270746

OUTER CASE GTIN: 15060728270743

MOVING MOUNTAINS PRODUCT CODE: MMCN220R



WE'RE ON A MISSION TO MAKE SUSTAINABILITY DELICIOUS THROUGH REAL CHANGE THAT TASTES GREAT, WE'RE MOVING MOUNTAINS, ONE BITE AT A TIME.

INGREDIENTS:

water, flour (**wheat**), vegetable protein (**soy** concentrate, **soy** protein isolate, pea protein isolate), sunflower oil, starch (**wheat**, corn), thickener (methylcellulose, cellulose), gluten (**wheat**), natural flavouring, dietary fibre, maltodextrin, spice extract, salt.

ALLERGY INFORMATION:




For allergens see ingredients in **bold**.

COOKING INSTRUCTIONS:

FOR THE OVEN:

-  Cook from frozen.
-  Preheat oven to 200°C/ Fan 180°C/ Gas mark 6.
-  Place the nuggets on a baking tray. Bake for 15 mins, until golden brown. Check nuggets are thoroughly cooked before serving.
-  Join the flavour adventure.

FOR THE HOB:

-  Cook from frozen.
-  Generously add oil to a frying pan and pre heat.
-  Cook on medium heat for approx 8 mins.
-  Join the flavour adventure.



#MovingMountainsFoods | www.movingmountainsfoods.com | hello@movingmountainsfoods.com

* See our 2018 LCA report for more information www.movingmountainsfoods.com/mission

