

THAT TIBA FEELING

It's the power of 100% natural protein that makes you feel healthier, satisfied, lighter, energised & altogether more alive.

This endlessly versatile plant-based mince is ready to take on any flavours, oomph up your spag bols, cram deliciousness into your chilli con carnes & fully load your lasagnes.



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for recipes



INGREDIENTS:

Organic ~~soya~~ beans, water, culture (rhizopus). For allergens, see ingredients in **bold**.

COOKING INSTRUCTIONS:

Pan-fry: Heat 1 tbsp of oil in a pan on medium heat. Add the mince and fry for 4 mins, stirring occasionally. Add to your favourite sauce and simmer for 5 minutes.

STORAGE:

Keep in a fridge below 5°C. Once opened, eat within 48 hours.

NUTRITIONALS:

Typical values
Energy

Fat
of which saturates
Carbohydrate
of which sugars
Fibre
Protein
Salt

Per 100g
763k
183kcal
8g
1g
5g
0g
6.5g
22g
0.01g

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