

ORGANIC PROTEIN CHUNKS PEA & FAVA

OUR RECIPE

GB ORGANIC TEXTURED PEA AND FAVA PROTEIN CHUNKS
Ingredients: Pea Protein Concentrate* (80%), Fava Bean Protein Concentrate* (19%), Salt.
* = Certified Organic Ingredients. Store dry. Best before: see back of pack.

D ERBSEN AND FABA SCHNETZEL GROB -BIOLOGISCH
Zutaten: Erbsenproteinkonzentrat* (80%), Fababohnenproteinkonzentrat* (19%), Salz.
* = aus kontrolliert biologischem Anbau. Trocken lagern. Mindestens haltbar bis: siehe Rückseite des Pakets.

F MORCEAUX DE PROTÉINES DE POIS TEXTURÉS BIOLOGIQUES
Ingrédients: 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. A consommer de préférence avant le: voir au dos du paquet.

NL BIOLOGISCHE GETEXTUREERDE ERWTENPROTEÏNEBROKKEN
Ingrediënten: erwtenproteïneconcentraat* (80%), tuinboon proteïneconcentraat* (19%), zout. * = van gecontroleerde biologische landbouw. Bewaren op en droge plaats. Ten minste houdbaar tot: zie achterkant van pakket.

GB Serving suggestion: Soak in water for 30 minutes until the protein has rehydrated, then drain. Heat in a pan and use in your favourite recipe.

D Serviervorschlag: 30 Minuten in Wasser einweichen, bis das Protein rehydriert ist, dann abtropfen lassen. In einer Pfanne erhitzen und in Ihrem Lieblingsrezept verwenden.

F Suggestion de presentation: Faire tremper dans l'eau pendant 30 minutes jusqu'à ce que la protéine se soit réhydratée, puis égoutter. Chauffer dans une casserole et utiliser dans votre recette préférée.

NL Serveertip: Week 30 minuten in water totdat het eiwit is gerehydrateerd en laat het vervolgens uitlekken. Verhit in een pan en gebruik in je favoriete recept.

GO-TO THAI GREEN CURRY

Ingredients (serves 4)
- 125g Profusion Organic Pea & Fava Protein Chunks
- 1L Vegetable stock
- 1 tsp salt
- 3 Onions, chopped
- 2 Carrots, sliced
- 1 Green pepper
- 1 Can of coconut milk
- Oil for frying
- Salt & pepper

THAI GREEN CURRY PASTE:

- Juice and zest of 1 lime
- 5cm piece of fresh ginger, peeled
- 2 stalks of lemongrass
- 2 cloves of garlic
- 2 shallots
- 1 small bunch of Thai basil
- 1 small bunch of fresh coriander
- 3 green chillis (to taste)
- 1 tbsp coconut sugar
- 1 tsp coriander seeds
- 1 tsp ground cumin
- 2 tsp soy sauce/coconut aminos

Method:

Empty one packet of Profusion Organic Pea & Fava Protein Chunks into 1L of cold vegetable stock, along with 1 tsp salt (reduce if using a stock cube) for 10 minutes until the protein has rehydrated, then drain.

Meanwhile, add all of the curry paste ingredients into a food processor and blend until smooth.

Fry off half of the curry paste in a little oil over a medium heat for 5 minutes. (You can store the remaining paste in an airtight container in the fridge for future use).

Add the chunks to the pan and fry with the spice mix until the chunks are crisp on the outside.

Add the onion, carrot and green pepper and fry for a further 5 minutes.

Pour in the coconut milk, season with salt and pepper and simmer on a medium heat for 10 minutes or until the sauce is the desired thickness.

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ORGANIC PROTEIN CHUNKS PEA & FAVA

50g
PLANT
PROTEIN
per 100g

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ORGANIC PROTEIN CHUNKS PEA & FAVA

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

Simply add this vegan meat substitute to wraps or curries for added oomph.

Just rehydrate then get cooking!



GLUTEN FREE



VEGAN



SOYA FREE



HIGH PLANT PROTEIN



HIGH IN FIBRE

125ge

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

Energy/Energie/énergie/energie	1363kJ/322kcal
Fat/Fett/matières grasses/vetten	4g
of which saturates/davon gesättigte Fettsäuren/dont acides gras saturés/ waarvan verzadigde vetzuren	0.8g
Carbohydrate/Kohlenhydrate/glucides/ koolhydraten	14g
of which sugars/davon Zucker/dont sucres/waarvan suikers	2.6g
Fibre/Ballaststoffe/fibres alimentaires/vezels	14g
Protein/Eiweiß/protéine/eiwitten	50g
Salt/Salz/sel/zout	1.1g



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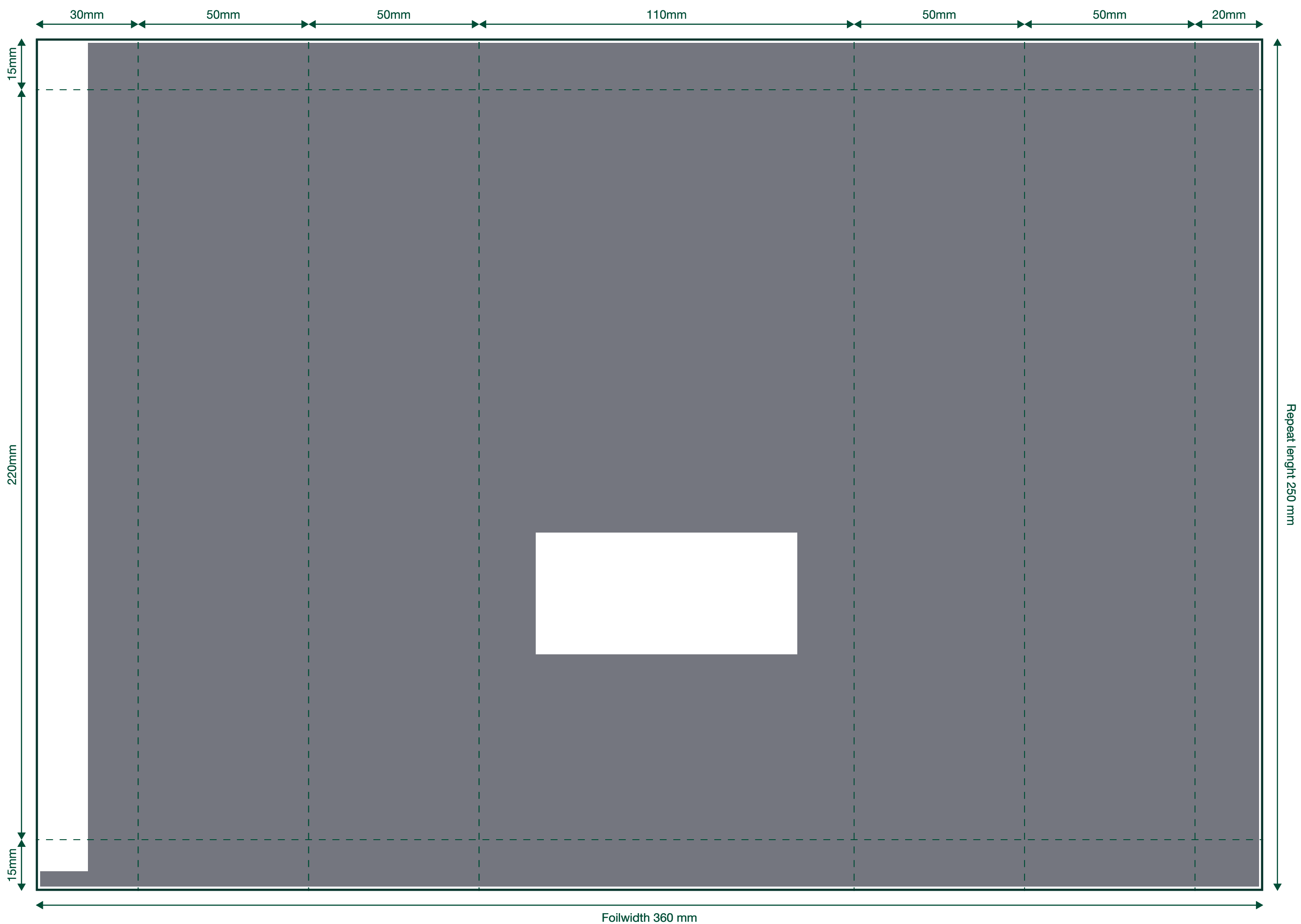


DK-ØKO-100
EU Agriculture
EU Landwirtschaft
Agriculture UE
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125ge

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Hvid-White

