

plant based
GOOD
FOOD =
Good mood



#sunflowerfamily

SUNFLOWER GOULASH

INGREDIENTS:

for 4 servings
228 g sunflowerCHUNKS
600 ml vegetable broth
4-5 onions
1 leek
2 large carrots
5 gherkins
some cucumber water
2 cloves of garlic
2 tbsp tomato paste

THIS IS HOW IT WILL BE MADE:

sunflowerCHUNKS with 200 ml broth and Mix 1 tsp paprika powder and mix with a little Let the cucumber water steep briefly. Onions coarse dice, finely chop the garlic, cut the carrots into
Cut the slices and leek into strips. Drain the sunflowerCHUNKS (keep the liquid), fry with frying oil and set aside.
Fry onions, garlic, carrots, leeks and sunflowerCHUNKS well. Tomato paste, mustard, cucumber, lemon zest, paprika powder, marjoram Add bay leaves and cayenne pepper and bring to the boil briefly with red wine and the remaining vegetable broth. Cover and cook for 1.5 hours simmer over low heat.
(If the goulash is still very liquid after 60 minutes, then continue the remaining 30 minutes without a lid cook.) With salt + pepper to taste and parsley Sprinkle over it. Served with: dumplings or spaetzle and red cabbage ;)

Distributed in UK by
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SUNFLOWERFAMILY.CO.UK



Sunflower Chunks

VEGAN
FRIENDLY
HIGH
PROTEIN

Made from 100% organic
Sunflower seeds

Servierungsvorschlag / serving suggestion
4 portions

Sunflower Family

#starteatingsunflowers

We stand for an enjoyable and sustainable nutrition with our innovative meat alternatives made from 100% organic sunflower protein. The sunflowerCHUNKS make vegan and vegetarian dishes simple and tasty. With a focus on organic quality and sustainability, we want a future of positive nutrition in a world worth living in.



Fabian | Flowerprotein



Oliver | Flowerprotein

Oops... we
veganized it again!

sunflowerCHUNKS
are made from
sunflowers.
A clean protein
meat alternative



PREPARATION

Pour 200 ml of hot water or vegetable stock over 76 g sunflowerCHUNKS and leave to soak for about 2 minutes. Then drain and continue to process as desired. 76 g correspond to approx. 300 g of meat.

You can use our sunflowerCHUNKS for stews, goulash, no-butter chicken and much more.

See recipes on our homepage.

{EN} Ingredients sunflowerCHUNKS:

100% organic sunflowerprotein | Manufactured in Germany. | Origin of our sunflowers: see base.
Please store in a dry place. | Best before: see base. | Quality-tested by accredited institutes.

Nährwerte pro nutrition facts per	100 g
Energie energy	1359 kJ/ 323 kcal
Fett fat	2,2 g
davon gesättigte Fettsäuren of which saturates	0,5 g
Kohlenhydrate carbo- hydrates	11,9 g
davon Zucker of which sugar	5,9 g
Ballaststoffe fibre	20,1 g
Eiweiß protein	53,8 g
Salz salt	0 g



Filling level may vary for technical reasons!

76g e | 4 Portions

