



fable

MEATY PULLED MUSHROOMS

PLANT BASED

Best before:

fable

250g

fable



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Serving Suggestion



HIGH IN FIBRE

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### SIMPLE INGREDIENTS. MINDFULLY MADE

We're a tribe of mushroom-loving rebels, writing a true story with animals as characters, not dishes. We craft umami meaty slow-braised mushroom goodness sans meat which is fibre-packed and naturally delicious. Real food, simple ingredients, mindfully made — that's it!



### USE FABLE TO EASILY MAKE THESE DISHES

Burgers • Wraps • Salads • Stir fry • Stews • Curries + More

### COOKING FABLE IS SIMPLE



1. Bring your pan to a high heat and add oil. Fry Fable for 5 mins, moving around with a fork.

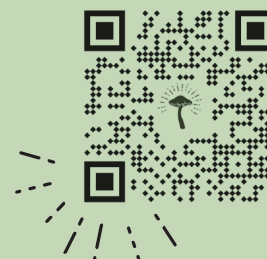


2. Add a sauce or marinade of your choice (BBQ, peri-peri) and stir for another 1-2 mins.



3. Voila! Delicious, juicy, crispy, tasty Fable.

Scan me for more recipe ideas!



#### Allergy Advice

For allergens see ingredients in bold. MAY CONTAIN: **Egg, Peanut, Sesame, and Wheat** since this product is manufactured in a facility that processes other food products which may contain these ingredients.

#### Storage

Store in a cool dry place below 25°C. Once opened, keep refrigerated below 5°C and consume within 3 days.

#### Company details

Fable Food UK Limited, 10 John Street, London WC1N 2EB.

#### Ingredients

Shiitake Mushroom (44%) (containing natural Sulphites), Water, Coconut Oil, Isolated **Soy** Protein, Sugar, Tapioca Flour, Gluten Free **Soy** Sauce (Water, **Soybean**, Salt, Sugar, Corn Starch), Yeast Extract, Salt, Pepper.

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#### Nutrition Information Typical values

Per 100g

Energy (KJ)	1077kJ
Energy (Kcal)	257 kcal
Fat	19.5g
of which saturates	18.1g
Carbohydrates	18.3g
of which sugars	3.2g
Fibre	18.4g
Protein	10.8g
Salt	0.96g
Iron	2.1mg
Vitamin D	11.9µg

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