



Rückseite
135. mm

300. mm

Vorderseite
140. mm

20

150g e

Serving suggestion



Organico
Organic Soya Chunks

Ingredients: **Soya Beans***
*from organic agriculture

NUTRITION INFORMATION		
Servings per package: 4 - Serving size: 37.5g		
	Per serving	Typical value per 100g
Energy	558 kJ / 133 kcal	1489kJ / 354 kcal
Fats - total	2.3g	6 g
of which saturates	0.3 g	0.8 g
Carbohydrates	5.6g	15 g
of which sugars	2.3g	6g
Protein	19.5g	52g
Salt	0.02g	0.05g
Sodium	7.5mg	20 mg

How to prepare:
Add the entire contents into 300ml boiling water, cover and leave for 5 minutes. Drain, cool and squeeze out the excess water. Add a few splashes of soya sauce. The soya pieces are now ready to season and shallow fry for 2 -3 minutes, turning frequently.

**Ready in 8 minutes
Serves 4**



Scan the QR code for our quick recipe video or visit www.organico.co.uk.

Allergy advice: For allergens, see ingredients in **bold**.



Packed for: Organico Realfoods, 3 City Limits, Danehill, Lower Earley, Reading, RG6 4UP, UK.
Tel: +44 (0) 1189 238 760 www.organico.co.uk
Best before: see bottom of pack.
Store in a cool, dry place



150g e
4 Servings



Organico
ORGANIC SOYA CHUNKS
It's Soya Good!