



Falafels



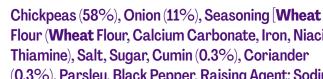
All our packs have a bright new look.

Chickpea-based, fibre-punching balls of deliciousness made with mouthwatering Middle Eastern herbs and spices. Hot or cold, on their own or not, these are great as a quick snack or part of a tasty vegetarian feast.

Middle Eastern







Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin & Thiamine), Salt, Sugar, Cumin (0.3%), Coriander (0.3%), Parsley, Black Pepper, Raising Agent: Sodium

Falafels made with chickpeas, onion and coriander. Ingredients.

Bicarbonate], Rapeseed Oil, Breadcrumb [Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin & Thiamine), Salt, Yeast], Parsley, Coriander (0.8%),

Garlic Purée. Allergy Advice. For allergens, including cereals containing gluten, see ingredients in **bold**. Made with non GM ingredients. Made on a nut free site. WARNING. Although every effort has been made, this product may contain some pieces of mineral stone.

Nutritional Information.

Per 100g Per 2 Falafels (Typical values as sold) 926kJ 463kJ **Energy** 222kcal 111kcal Fat 9.9g **5.0g** of which saturates **1.0**g 0.5g

Carbohydrate **20**g **10**g

of which sugars 3.8g **1.9g Fibre 11**g 5.5g **Protein 7.6g** 3.8g Salt **1.3**g 0.65g Serves 4

Moroccan **Falafels**

straight from the pack. Hot or cold, they're totally moreish.

Chomp on chunky chickpeas, delicately mixed with the sweet and spice of Moroccan flavours, like apricot and chilli. Make them part of a veggie meal or enjoy them

If cooking from frozen, cook for 18 minutes. Check product is piping hot before serving. All appliances vary, these are guidelines only.

How to Cook. Ready to eat. If you choose to cook them, simply remove all packaging. **OVEN. 12 MINUTES.** Preheat oven and baking tray to 200°C/Fan 180°C/Gas 6. Cook on the middle shelf.

Storage.

Keep refrigerated and use by the date shown on front of pack.

This product has been previously frozen and restored to chilled temperature but is suitable for home freezing.

Freeze on day of purchase and keep for up to 1 month. Do not refreeze once thawed.

Falafels made from chickpeas & onion with paprika, cinnamon & ginger. Ingredients. Chickpeas (43%), Bulgur Wheat, Moroccan Paste

Chilli Purée, Salt, Cinnamon (0.1%), Coriander, Sugar,

Cumin, Ginger (0.05%), Black Pepper], Water, Wheat

Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin

For allergens, including cereals containing gluten,

Made with non GM ingredients. Made on a nut free site.

WARNING. Although every effort has been made, this

product may contain some pieces of mineral stone.

Allergy Advice.

see ingredients in **bold**.

of which sugars

Fibre

Protein



simply remove all packaging. [Water, Apricots (Apricots, Rice Flour, Preservative: **Sulphur Dioxide**), Dates (Dates, Rice Flour), Red Wine **OVEN. 8 MINUTES.** Vinegar (Sulphites), Sunflower Oil, Agave Syrup Preheat oven and baking tray (0.3%), Garlic Purée, Paprika (0.3%), Cornflour, Red

Check product is piping hot before serving. & Thiamine), Rice Starch, Dried Apricots (3.8%), All appliances vary, these are guidelines only. (Apricots, Rice Flour, Preservative: Sulphur Dioxide), Rapeseed Oil, Herbs & Spices (Coriander, Cumin, Oregano, Garlic), Onion (2%), Salt, Garlic Purée, Yeast. Storage.

Nutritional Information. Per 4 Falafels (Typical values as sold) **Per 100g** 1003kJ 602kJ **Energy** 239kcal 143kcal Fat 6.5g 3.9g of which saturates 0.8g **0.5g** Carbohydrate **36g 22**g

6.5g

6.0g

6.0g

3.9g

3.6g

3.6g

Salt 0.80g 0.48g Serves 3

Marinated Tofu

ORGANIC High in

Our Marinated Tofu has had a tickle of garlic and ginger,

saving you the bother. It's ready to eat, or to pop in a stir-fry with a stack of your favourite veggies. Quick, easy, and most importantly, delicious.

Ingredients. Tofu 91%, [Soybeans*, Water, Firming Agent: Calcium Sulphate], Marinade [Water, Salt, Spices (Coriander*, Bell Pepper*, Pepper*, Ginger*, Mace* Turmeric*),

Citric Acid], Sunflower Oil*.

Salt

*Produced under Organic Standards.

Keep refrigerated and use by the date shown on front of pack. This product has been previously frozen and

If cooking from frozen, cook for 12 minutes.

to 200°C/Fan 180°C/Gas 6.

Cook on the middle shelf.

restored to chilled temperature but is suitable for home freezing. Freeze on day of purchase and keep for up to 1 month. Do not refreeze once thawed.

Sustainable

Soya Beans

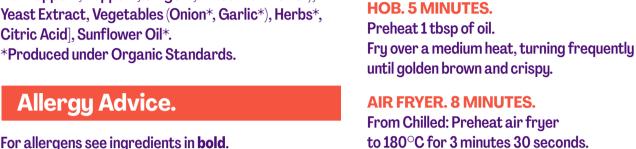
Marinated

Marinated soyabean curd, made from sustainable soya.

Allergy Advice. For allergens see ingredients in **bold**.

Made with non GM ingredients. Made on a nut free site.

Nutritional Information. **Per 100g** Per 1/2 Pack (Typical values as sold) 965kJ 772kJ **Energy**



How to Cook.

Remove all packaging.

Ready to eat but for best results pan fry.

Place product in basket, spread evenly in a single layer and place in air fryer.

Check product is piping hot before serving.

All appliances vary, these are guidelines only.

Keep refrigerated and use by the date shown

Once opened must be eaten within 24 hours.

Not suitable for home freezing.

Turn halfway through cooking.

Allow to stand for 1 minute.

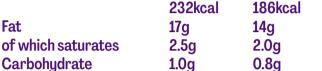
Do not reheat once cooled.

Storage.

on front of pack.

100%

Plant Based



of which sugars **1.0**g 0.8g **Fibre 2.2g 2.7g Protein 18g 14**g

1.5g

1.2g

Calcium 420mg 336mg Serves 2

Hoisin Tofu

Chuck a handful of our Hoisin Tofu into your Chinese-inspired veggie and vegan dishes. It'll give your stir fries and pancakes (not to mention your taste buds) a sweet and salty kick.

Fragrant, aromatic, and with a sprinkle of oomph. 100% **Plant Based**

How to Cook.

Sustainable

Soya Beans

Ready to eat but for best results pan fry.

All appliances vary, these are guidelines only.

Keep refrigerated and use by the date shown

Once opened must be eaten within 24 hours.

Tofu

Not suitable for home freezing.

Soybean curd pieces, made from sustainable soya beans, with hoisin marinade. Ingredients. Tofu (83%) (Water, Soybeans, Firming Agent: Calcium Sulphate), Soy Sauce (Water, Soybean Juice, Sugar,

Molasses, Sea Salt, Garlic, Coriander, Bay Leaf,

Lemongrass), Sunflower Oil, Natural Flavouring,

Nutritional Information. Turn halfway through cooking. Allow to stand for 1 minute. (Typical values as sold) **Per 100g** Per 1/2 Pack Check product is piping hot before serving. 709kJ Energy 886kJ Do not reheat once cooled.

170kcal

12g

1.5g



Storage.

on front of pack.

Remove all packaging.

HOB. 5 MINUTES.

Preheat 1 tbsp of oil.

For allergens see ingredients in **bold**. Made with non GM ingredients. Made on a nut free site.

of which saturates

Fat

Serves 2

Allergy Advice.

Fennel, Garlic.

Carbohydrate 6.6g **5.3g** of which sugars 5.9g **4.7g Fibre** 0.7g **0.6g Protein 15**g **12**g Salt 0.95g 0.76g Calcium

213kcal

15g

1.9g

Authentic Tofu

Our classic tofu block is ready to make your dishes sing. You choose the flavours, our tofu will soak them up. So you get something lip-smackingly delicious every time. Go on, see what wonders you can whip up.

ORGANIC

For allergens, see ingredients in **bold**.

Nutritional Information.

Per 100g

494kJ

118kcal

7.1g

1.2g

Made with sustainable soya beans.

(Typical values as sold)

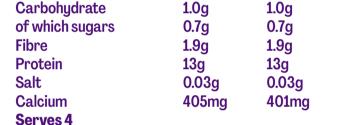
of which saturates

Energy

Fat

Ingredients.

Water, **Soybeans*** (35.8%), Firming Agent: Calcium Sulphate. *Produced under Organic Standards. Allergy Advice.



Extra Fi Tofu

Pressed for time? This tasty tofu block needs no pressing. Cube, slice, and get straight to it.

Soybean curd.

Ingredients.

Made with sustainable soya beans.

For allergens see ingredients in **bold**.

Allergy Advice.

(Typical values as sold)

of which saturates

Carbohydrate

of which sugars

Energy

Fat

Fibre

Salt

Protein

Calcium

Serves 2

It works wonderfully in sensational soups, stews, salads, and loads more quick and tasty dishes. **High in** Calcium

Soybeans* (52%), Water, Firming Agent: Calcium

Sulphate. *Produced under Organic Standards.

Nutritional Information.

Per 100g

620kJ

150kcal

9.0g

1.5g

0.4g

0.1g

1.8g

16g

0.04g

561mg

564kJ

8.2g

1.4g

0.4g

0.1g

1.6g

14g

0.04g

510mg

136kcal



Soya Beans How to Cook.

Ready to eat but for best results pan fry.

Lincolnshire

Sausages

What a sausage! Classic sage and parsley flavours, yet vegetarian all the way. We have tweaked the recipe a little to make it even more scrumptiously succulent and tantalisingly tasty. Serve them with fry ups, mash, or in a medley of stews. This is how to get every palate purring.

Ingredients. Rehydrated Textured Vegetable Protein (46%) (Water, Soya Protein, Potato Starch, Wheat Gluten, Stabiliser: Dicalcium Phosphate; Wheat Starch), Rehydrated Free Range Egg White, Onion, Rapeseed

Oil, Seasoning (4%) [Yeast Extract, Salt, Potassium

Carbonate, Iron, Niacin, Thiamin), Salt, Raising Agent:

Ammonium Carbonate), Barley Malt Extract, Carrot

Powder, Dried Leek, Sage Extract, Nutmeg Extract];

Casing (Calcium Alginate), Tapioca Starch, Soya

For allergens, including cereals containing gluten,

Nutritional Information.

Made with non GM ingredients. Made on a nut free site.

100g

Protein, Stabiliser: Methyl Cellulose.

Allergy Advice.

(Typical values as hob cooked)

see ingredients in **bold**.

Chloride, Herbs (Sage, Parsley), Fructose, White Pepper, Rusk (Wheat flour (Wheat Flour, Calcium

VEGGIE

of Fibre

736kJ Energy 677kJ 176kcal **162**kcal Fat 6.8g 6.2g of which saturates 0.6g 0.6g Carbohydrate **7.9**g **7.3**g **0.5**g of which sugars 0.5g **Fibre**

(Water, Soya Protein, Potato Starch, Wheat Gluten, Stabiliser: Dicalcium Phosphate; Wheat Starch), Rehydrated Free Range Egg White, Onion, Rapeseed Oil, Seasoning (5%) [Yeast Extract, Salt, Cracked Black Pepper, Sugar, Ground Rosemary, Barley Malt Extract, Ground Bay, Carrot Powder, Leek Powder, Rapeseed Oil], Casing (Calcium Alginate), Tapioca

Starch, Soya Protein, Stabiliser: Methyl Cellulose.

For allergens, including cereals containing gluten,

Rehydrated Textured Vegetable Protein (46%)

Black pepper and rosemary seasoning gives our tasty vegetarian sausages real bite. If you like a subtle touch of spice, these are for you, we have tweaked the recipe slightly

so it 100% delivers on taste for you. Bob them in a bap,

and dinner, is served.

Ingredients.

Allergy Advice.

see ingredients in **bold**.

Energy

of which saturates

Carbohydrate

of which sugars

Fat

Fibre

Salt

Protein

Serves 3

or feast on them in casseroles and pasta. Breakfast, lunch

Pumpkin & Caramelised Onion

Veggie Bakes

Pack more veggies into mealtimes. Bite through the delicate

crunch on our crispy coated bakes to the explosion of veggie flavour within. With earthy pumpkin and the sweetness of

Source

caramelised onion, it's flavour by the bake-ful.

Sunflower Oil, Caramelised Onion (8%) (Onion, Rapeseed Oil, Sugar), Breadcrumb (Wheat Flour Yeast. Salt), Wheat Gluten, Tapioca and Pea Starch, Potato Flake, Soy Protein Isolate, Onion, Pea Fibre, Parsley, Potassium Chloride, Vegetable Bouillon Salt, Cornflour, Yeast Extract, Dried Vegetables (Onion, Celery, Carrot, Parsley), Olive Oil, Turmeric], Salt,

Dried Garlic, Preservative: Potassium Sorbate; Spirit Vinegar, Natural Flavourings, Rosemary Powder.

Per 2 (Typical values as oven cooked) **Bakes 100g** 995kJ 952kJ Energy 239kcal 229kcal **15**g **16g** of which saturates **1.6**g **1.5**g Carbohydrate **11**g **11**g of which sugars 6.4g 6.1g **Fibre** 3.7g 3.5g **Protein 12**g **11**g Salt 0.98g 1.0g

with a subtle blend of herbs and spices, and just waiting to wow your taste buds. Source of Fibre

Beneath a light, crispy crumb lies an abundance of beautiful veggie flavours. Crammed with spinach and carrot, seasoned

Spinach (25%), Carrots (24%), Restructured and Rehydrated Soy Flour, Sunflower Oil, Wheat Gluten, Tapioca and Pea Starch, Breadcrumb (Wheat Flour, Yeast, Salt), Potato Flake, Rice Flour, Soy Protein Isolate, Onion, Pea Fibre, Sugar, Salt, Potassium Chloride, Preservative: Potassium Sorbate; Dried Garlic, Spirit

Ingredients.

Energy

of which saturates

Carbohydrate

of which sugars

Fat

Fibre

Salt

Protein

Serves 2

Vinegar, Natural Flavourings, Black Pepper. Allergy Advice.

For allergens, including cereals containing gluten, see ingredients in **bold**. May also contain **Mustard** and **Celery**. **Nutritional Information.** (Typical values as oven cooked) Per Per 2 100g **Bakes**

1080kJ

259kcal

17g

1.7g

15g

5.8g

4.1g

11g

0.95g

1037kJ

249kcal

16g

1.6g

14g

5.6g 3.9g

10g

0.91g

Press, pat dry and chop. Place product in basket, spread evenly in a single layer and place in air fryer. Turn halfway through cooking. Allow to stand for 1 minute. Check product is piping hot before serving.

Storage.

until golden brown and crispy.

AIR FRYER. 12 MINUTES.

From Chilled: Preheat air fruer

to 180°C for 3 minutes 30 seconds.

How to Cook.

HOB. 6 MINUTES.

Preheat 1 tbsp of oil.

Per 1/4 Pack

489kJ

117kcal

7.0g

1.2g

Remove all packaging and drain off the water

bath. For best results place the tofu in-between two chopping boards lined with kitchen roll and put 4x400g tins on top to apply pressure for

20mins. Alternatively, you can use a tofu press.

Fry over a medium heat, turning frequently,

All appliances vary, these are guidelines only.

Keep refrigerated and use by the date shown on front of pack. Once opened store in water,

refreshed daily and eat within 2 days.

Not suitable for home freezing.

Extra Firm otu

Remove all packaging. No need to press. **HOB. 6 MINUTES.** Preheat 1 tbsp of oil. Fry over a medium heat, turning frequently, until golden brown and crispy. Pat dry, chop and use in a recipe of your choice.

to 1 month. Do not refreeze once thawed. This product is packed in a protective atmosphere. 2.9g **2.6g Protein 19**g **18**g Salt **1.4g 1.3g** Serves 3 Cumberland Sausages

Per 2

Sausages

in air fryer in a single layer. Made with non GM ingredients. Made on a nut free site. Turn halfway through cooking. Check product is piping hot before serving. Nutritional Information. All appliances vary, these are guidelines only. (Typical values as hob cooked) Per Per 2 Storage. **Sausages 100g**

646kJ

6.5g

0.6g

6.1g

0.0g

3.0g

16g

1.1g

155kcal

724kJ

7.3g

0.7g

6.9g

0.0g

3.4g

18g

1.2g

173kcal

Vegetable bakes made with pumpkin and caramelised onion, coated in breadcrumbs. Ingredients. Pumpkin (28%), Carrot, Restructured Soy Flour,

see ingredients in **bold**. May also contain **Mustard**. **Nutritional Information.**

For allergens, including cereals containing gluten,

Allergy Advice.

Serves 2

Spinach & Carrot
Veggie Bakes

NEW

Vegetable bakes made from spinach and carrots, coated in breadcrumbs.

OVEN. 12 MINUTES.

Remove all packaging.

Made with non GM ingredients. Made on a nut free site. **AIR FRYER. 12 MINUTES.** From Chilled: Preheat air fryer to 180°C for 3 minutes 30 seconds. Pat dry and chop. Per 1/2 Pack Place product in basket, spread evenly in a single layer and place in air fryer. Turn halfway through cooking. Allow to stand for 1 minute. Check product is piping hot before serving. Do not reheat once cooled. All appliances vary, these are guidelines only. Storage. Keep refrigerated and use by the date shown on side of pack. To store any leftovers, cover in water in an airtight container and consume within 48 hours. Not suitable for home freezing.

Lincolnshire sausages made from rehydrated vegetable protein with a herb & pepper seasoning. How to Cook. For best result Hob cook. Remove all packaging. **HOB. 10 MINUTES.**

Fry over a medium heat, turning frequently.

If cooking from frozen, cook for 15 minutes.

Preheat oven to 200°C/Fan 180°C/Gas 6.

From Chilled: Preheat air fryer to 180°C. Brush 2 Sausages with oil and place

Check product is piping hot before serving.

All appliances vary, these are guidelines only.

Keep refrigerated and use by the date shown

This product has been previously frozen and

Freeze on day of purchase and keep for up

restored to chilled temperature but is suitable

Brush with a little oil. Place on a baking tray.

Preheat 1 tbsp of oil.

OVEN. 20 MINUTES.

Cook on the middle shelf.

AIR FRYER. 7 MINUTES.

in air fryer in a single layer. Turn halfway through cooking.

Storage.

on front of pack.

for home freezing.



OVEN. 20 MINUTES.

Cook on the middle shelf.

AIR FRYER. 7 MINUTES.

on front of pack.

for home freezing.

atmosphere.

Preheat oven to 200°C/Fan 180°C/Gas 6.

From Chilled: Preheat air fryer to 180°C.

Keep refrigerated and use by the date shown

This product has been previously frozen and

Freeze on day of purchase and keep for up

to 1 month. Do not refreeze once thawed.

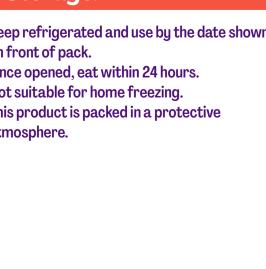
This product is packed in a protective

restored to chilled temperature but is suitable

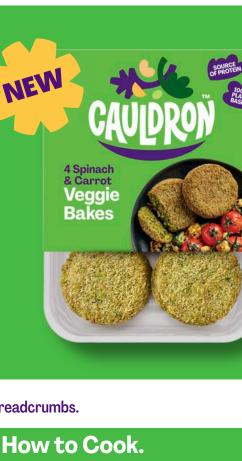
Brush 2 Sausages with oil and place

Brush with a little oil. Place on a baking tray.















How to Cook.

Remove all packaging.

OVEN. 10 MINUTES.



Preheat oven to 200°C/Fan 180°C/Gas 6. Place bakes on a baking tray in the centre of the oven. Check product is piping hot before serving. Do not reheat once cooled. All appliances vary, these are guidelines only. Storage. Keep refrigerated and use by the date shown on front of pack.

Once opened, eat within 24 hours.

This product is packed in a protective

Not suitable for home freezing.

atmosphere.