



# LIGHTLY SPICED PIECES



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## No faff, No Nasties, Just Damn Tasty

**We promise you, Tofoo is not like any other tofu!!**

Lightly spiced tofu pieces with onion, garlic, paprika, pepper and parsley.

They're high in protein and need no prep, frozen and ready to cook in a handy 1kg bag. Simply pan fry for 10 mins and they're ready to be served over rice, as a crunchy salad topping or in a tasty taco.



### Ingredients

Tofu (79%) (Water, **Soya** Beans, Nigari), Cornflour, Rapeseed Oil, Seasoning Mix (3.5%) (Salt, Dried Onion, Garlic Powder, Smoked Paprika, Light Brown Sugar (White Sugar, Cane Molasses), Yeast Extract, Cracked Black Pepper, Dried Parsley).

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

### Typical Value Per 100g Cooked

Energy (kcal)	277
Energy (KJ)	1153
Protein	16.2
Carbohydrates	14.1
Of which sugars	1.3
Fat	17.0
Of which saturates	2.2
Fibre	1.2
Salt	1.15

**Available frozen in 1kg format.**

**Get in touch: [foodservice@tofoo.co.uk](mailto:foodservice@tofoo.co.uk)**

