

# schouten

SPECIALIST IN PLANT-BASED PROTEIN FOODS

## Product Brochure

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# Bean Quinoa Burger

The Bean Quinoa Burger is a deliciously spicy burger with a crunchy crust, made with wheat and pea protein and vegetables. An excellent choice with a Dutch meal, with pasta or in a bun. A Bean Quinoa Burger weighs 80 grams and does not contain any milk or egg. This makes this product suitable for vegans.

## Ingredients

Water, vegetables (pea, onion, red pepper), breadcrumbs (wheat, rye), 15% brown bean, 15% broad bean, 8% vegetable proteins (wheat gluten), sunflower oil, starch (potato, wheat), tomato paste, wheat fiber, wheat flour, rice, 2% quinoa, spices, salt, thickener (E461), psyllium, mineral (ferrous fumarate), vitamin B12.

Geproduceerd in een bedrijf waar ook pinda's en noten worden verwerkt.

## Nutrition value per 100g

Energy	906 kJ / 216 kCal
Fat, of which	10.2 g
Saturates	1.7 g
Mono-unsaturated	3.4 g
Poly-unsaturated	5.0 g
Carbohydrate	18.2 g
Sugar	1.0 g
Fibre	7.0 g
Protein	9.6 g
Salt	1.15 g
Iron (mg)	5.4 mg (31%)
Vitamin B12 (?g)	0.4 ?g (13%)

Reference intake of an average adult (8400 kJ/2000 kcal).



## Method of preparation

Frying pan: 4-6 minutes on moderate heat. Turn regularly.  
Oven: 10 minutes at 180°C. Turn once.  
Barbecue or grill: Rub with (olive) oil. Grill on both sides for 2 minutes.

## Types

Vegan, Without tropical oils

## Applications

Barbecue, Main course

# Falafel Quinoa Burger

Falafel is a product made from chick peas. The herb mix gives the falafel a tasty and spicy flavour and the combination of legumes and vegetables make this a delicious vegan snack. The Falafel Quinoa Burger has a crunchy and spicy quinoa coating and weighs 80 grams.

## Ingredients

39% chickpea, breadcrumb (**wheat, rye**), vegetables (courgette, carrot, onion), **wheatflour**, sunflower oil, water, parsley, herbs and spices, salt, 1% quinoa, thickener (E461), coriander, **wheat gluten**.

Produced in a facility that processes peanuts and nuts.

## Nutrition value per 100g

Energy	912 kJ / 218 kCal
Fat	11.3 g
Of which saturates	1.6 g
Mono-unsaturated	4.1 g
Poly-unsaturated	5.2 g
Carbohydrate	20.2 g
Sugar	0.9 g
Fibre	6.0 g
Protein	6.0 g
Salt	1.20 g
Reference intake of an average adult (8400 kJ/2000 kcal).	



## Method of preparation

Frying pan: 4-6 minutes on moderate heat. Turn regularly.  
Oven: 10 minutes at 180°C. Turn once.

## Types

Vegan

## Applications

Main course

# Lentil Burger

This vegan Lentil Burger is a unique product. Coated in crunchy breadcrumbs, full of flavour and made with surprising ingredients. Perfect in combination with potatoes or a fresh salad, but also with Asian cuisine. A GoodBite Lentil burger weighs 100 grams.

## Ingredients

34% lentil, breadcrumbs, water, vegetables (carrot, dried sweet pepper, dried leek, garlic), sunflower oil, date, rice flour, starch (potato, rice), vegetable proteins (potato, pea), **oat flake**, spices, salt, psyllium, potato, fiber, **soybean**, vinegar, mineral (iron), vitamin B12.

Produced in a facility that processes peanuts and nuts.

## Nutrition value per 100g

Energy	1084 KJ/ 259 kCal
Fat	12.4 g
Of which saturates	1.6 g
Mono-unsaturated	4.3 g
Poly-unsaturated	6.3 g
Carbohydrate	25.6 g
Sugar	6.8 g
Fibre	5.5 g
Protein	8.6 g
Salt	1.02 g
Iron	7.0 mg (50% RDA**)
Vitamin B12	0,5 µg (20% RDA**)

Reference intake of an average adult (8400 kJ/2000 kcal).

\* Recommended Daily Intake.



## Method of preparation

Frying pan: 4-6 minutes on moderate heat. Turn regularly.  
Oven: 10 minutes at 180 °C.  
Turn once.

## Types

Clean label, Vegan

## Applications

Main course

# Bean Burger

The Bean Burger is a deliciously spicy burger full of veggies that uses pea protein as a base. A bean burger weighs about 80 grams and contains no milk, egg or soya. This product is therefore suitable for vegans and people who are struggling with a soya allergy.

## Ingredients

Water, broad beans 20%, vegetable protein 13% (**wheat gluten**, potato), brown beans 9%, fine green peas, red sweet pepper, onion, sunflower oil, starch (potato, **wheat**), tomato paste, herbs and spices, salt, mineral (ferrous fumarate), vitamin B12.

Produced in a facility that processes peanuts and nuts.

## Nutrition value per 100g

Energy	860 kJ ( 205 kcal)
Fat, of which	9.3 g
saturates	1.4 g
mono-unsaturated	3.1 g
poly-unsaturated	4.8 g
Carbohydrate	13.2 g
Sugar	3.0 g
Fibre	5.0 g
Protein	14.8 g
Salt	1.20 g
Iron	7.0 mg (50% RDA*)
Vitamin B12	0.5 µg (20% RDA*)

Reference intake of an average adult (8400 kJ/2000 kcal).

\* RDA = Recommended Daily Allowance



## Method of preparation

Frying pan: 4-6 minutes on moderate heat. Turn every now and then. Oven: 5-7 minutes at 180°C. Turn once.

Microwave: 1 minute on 900W. Barbecue or grill: Rub with (olive) oil. Grill on both sides for 2 minutes.

## Types

Clean label, Soy free, Vegan, Without tropical oils

## Applications

Barbecue, Main course

# Vegetable Burger

The Vegetable Burger contains plenty of fresh vegetables, has a firm bite and, above all, a surprisingly great taste. An absolute winner within the product range. A Vegetable Burger is available as a product weighing 85 grams, 100 grams or 15 grams. This small version of the Vegetable Burger is a delicious snack that can serve as an appetizer to go excellently with a hot meal or with gourmet dining.

## Ingredients

Vegetables 49% (onion, carrot, red sweet pepper, pea, corn, mushroom), water, vegetable proteins 16% (**soy, wheat gluten, pea**), **egg white\***, modified starch, flavouring (**wheat, celery**), sunflower oil, salt, **milk protein (lactose)**, dextrose, palm fat, herbs and spices, starch (**wheat, corn**), **soybeans, wheat**, mineral (ferrous fumarate), vitamin B12.

\* free-range eggs.

Produced in a facility that processes peanuts and nuts.

## Nutrition value per 100g

Energy	732 kJ / 175 kCal
Fat, of which	6.7 g
saturates	1.1 g
mono-unsaturated	2.0 g
poly-unsaturated	3.3 g
Carbohydrate	7.0 g
Sugar	3.7 g
Fibre	5.0 g
Protein	19.1 g
Salt	2.10 g
Iron	7.0 mg (50% RDA*)
Vitamin B12	0.5 µg (20% RDA*)

Reference intake of an average adult (8400 kJ/2000 kcal).

\*\*\* Recommended Daily Intake.



## Method of preparation

Frying pan: 4-6 min. on a low fire. Turn every now and then.

Oven: 10 min. at 180°C. Turn once.

Microwave: 1 min. at 900W.

## Types

Clean label

## Applications

Barbecue, Gourmet, Main course

# Hamburger

The Hamburger is one of the classics in our product range. A tasty product that fits well with the daily hot meal. Also great on a bun topped with vegetables and some sauce. This product is enriched with vitamins and minerals, making it a full-fledged meal component. A hamburger weighs 80 grams. Also available as a 100-gram product.

## Ingredients

Water, 19% vegetable protein (**soy**, **wheat gluten**), palm fat, starch (potato, **wheat**, corn), **egg white\***, tomato paste, natural flavouring, sunflower oil, garlic, salt, sugar, colour (plain caramel), spices, **barley malt extract**, mineral (ferrous fumarate), vitamin B12.

\* free-range eggs.

Produced in a facility that processes peanuts and nuts.

## Nutrition value per 100g

Energy	1026 kJ/ 245kCal
Fat, of which	16.1 g
Saturates	4.7 g
Mono-unsaturated	7.5 g
Poly-unsaturated	4.0 g
Carbohydrate	6.1 g
Sugar	1.5 g
Fibre	4.0 g
Protein	17.3 g
Salt	1.88 g
Iron	7.0 mg (50% RDI*)
Vitamin B12	0.5 µg (20 %RDI*)

Reference intake of an average adult (8400 kJ/2000 kcal).

\*\*\* Recommended Daily Intake.



## Method of preparation

Frying pan: 4-6 minutes on moderate heat. Turn every now and then.

Oven: 8 minutes at 180°C. Turn once.

Microwave: 1 minute on 900W.

Barbecue or grill: Rub with (olive) oil. Grill on both sides for 2 minutes.

## Types

Clean label

## Applications

Barbecue, Main course

# Piri Piri Hamburger

A vegetarian hamburger marinated in a spicy peri peri sauce. This makes the product ideal for the barbecue. The hamburger can of course also be prepared in a frying pan.

## Ingredients

Water, vegetable proteins 17% (**soy, wheat gluten**), palm fat, Peri Peri sauce 11% (water, sugar, vinegar, modified starch (potato), dried vegetables (red sweet pepper, garlic, onion), natural flavouring, salt, herbs and spices (cayenne pepper, ginger), paprika extract), starch (potato, **wheat**, corn), **egg white** \*, tomato paste, natural flavouring, sunflower oil, garlic, salt, sugar, colour (plain caramel), herbs and spices, **barley malt extract**, mineral (ferrous fumarate), vitamin B12.

\* free-range eggs.

Produced in a facility that processes peanuts and nuts.



## Method of preparation

Frying pan: 4-6 minutes on moderate heat. Turn every now and then.

Oven: 10 minutes at 180°C. Turn once.

Microwave: 1 minute on 900W.

Barbecue or grill: Grill on both sides for 2 minutes.

## Nutrition value per 100g

Energy	831 kJ / 198 kCal
Fat, of which	7.6 g
Saturates	2.1 g
Mono-unsaturated	3.1 g
Poly-unsaturated	2.4 g
Carbohydrate	8.4 g
Sugar	5.6 g
Fibre	3.5 g
Protein	22.3 g
Salt	1.68 g
Iron	6.4 mg (43% RDI*)
Vitamin B12	0.4 µg (14% RDI*)

Reference intake of an average adult (8400 kJ/2000 kcal).

\*\*\* Recommended Daily Intake.

## Applications

Barbecue, Main course

# Cheeseburger

A creamy vegetarian Cheeseburger based on pea protein and wheat protein. The Cheeseburger has a firm bite and is richly mixed with stringy vegetarian cheese. A Cheeseburger weighs 85 grams.

## Ingredients

Water, vegetarian cheese 32% (**milk**, salt, lactic acid, vegetarian rennet), vegetable proteins (**wheat gluten**, pea), chicken **egg white\***, herbs and spices, modified corn starch, sun flower oil, starch (potato, **wheat**), dextrose, garlic, salt, flavouring.

\*Egg white is from free range chickens.

Made in a facility that also processes soya, peanuts and nuts.

## Nutrition value per 100g

Energy	931 kJ / 222 kcal
Fat, of which	11.3 g
saturates	5.3 g
mono-unsaturated	3.3 g
poly-unsaturated	2.4 g
Carbohydrate	3.7 g
Sugar	1.8 g
Fibre	7.0 g
Protein	23.2 g
Salt	2 g
Reference intake of an average adult (8400 kJ/2000 kcal).	



## Method of preparation

Frying pan: 4-6 min. on a low fire. Turn every now and then.

Oven: 10 min. at 180°C. Turn once.

Microwave: 1 min. at 900W.

Barbecue or grill: Rub with (olive) oil. Grill on both sides for 2 minutes.

## Types

Clean label, Soy free, Without tropical oils

## Applications

Barbecue, Main course

# Nut Burger

A quality product that will positively surprise you. The delicious nut mix provides a solid bite and a unique taste experience. This burger is also delicious on a bun. The Nut Burger weighs 60 grams.

## Ingredients

Water, 31% **mixed nuts (cashew nuts, brazil nuts, almonds, macadamia nuts, pistachios, pecans)**, 9% vegetable protein (**soy, wheat gluten**), **egg white\***, starch (potato, **wheat**, corn), dextrose, natural flavouring, sunflower oil, garlic, salt, spices, mineral (ferrous fumarate), vitamin B12.

\* free-range eggs.

Produced in a facility that processes peanuts.

## Nutrition value per 100g

Energy	1344 kJ / 321 kCal
Fat, of which	22.2 g
Saturates	3.7 g
Mono-unsaturated	12.1 g
Poly-unsaturated	6.3 g
Carbohydrate	10.5 g
Sugar	4.5 g
Fibre	3.0 g
Protein	18.8 g
Salt	1.63 g
Iron	7.0 mg (50% RDI*)
Vitamin B12	0.5 µg (20% RDI*)

Reference intake of an average adult (8400 kJ/2000 kcal).

\* Recommended Daily Intake.



## Method of preparation

Frying pan : 4-6 minutes on moderate heat. Turn every now and then.

Oven : 5-7 minutes at 180°C. Turn once.

Microwave : 1 min. at 900W.

## Types

Clean label, Without tropical oils

## Applications

Barbecue, Main course

# Seeds Burger

The Seeds Burger fits perfectly into your healthy diet. Filled with a variety of seeds and grains, this delicious burger has a tasty, crunchy bite to it. The burger is based on wheat and pea protein and contains no soy. A Seeds Burger weighs 80 grams and is enriched with added iron and vitamin B12.

## Ingredients

Water, seeds 27% (pumpkin kernels, sunflower kernels, millet, flaxseed, poppy seed), vegetable protein 12% (**wheat gluten**, pea), vegetables (mushroom, garlic), **egg protein\***, starch (potato, **wheat**), sunflower oil, flavouring, dextrose, salt, **wheat flour**, herbs and spices, mineral (ferrous fumarate) vitamin B12.

\* Free-range eggs.

Produced in a facility that processes peanuts and nuts.

## Nutrition value per 100g

Energy	1193 kJ / 285 kcal
Fat, of which	17.3 g
saturates	2.5 g
mono-unsaturated	4.8 g
poly-unsaturated	10.0 g
Carbohydrate	12.9 g
Sugar	1.6 g g
Fibre	3.0 g
Protein	18.2 g
Salt	1.52 g
Iron	7.0 mg (50% RDA)*
Vitamin B12	0.5 µg (20% RDA)*

Reference intake of an average adult (8400 kJ/2000 kcal).

\* Recommended Daily Intake.



## Method of preparation

Frying pan: 4-6 minutes on moderate heat. Turn every now and then.

Oven: 5-7 minutes at 180°C. Turn once.

Microwave: 1 min. at 900W.

Barbecue or grill: Rub with (olive) oil. Grill on both sides for 2 minutes

## Types

Clean label, Soy free, Without tropical oils

## Applications

Main course

# Mince Patty

A delicious flattened Mince Patty, entirely vegetarian! Excellent with a hot meal or on a bun. This Patty weighs 90 grams.

## Ingredients

Water, vegetables (onion, garlic), 19% vegetable proteins (**soya**, **wheat gluten**), palm oil, starch (potato, **wheat**, maize), **free range egg white**, tomato paste, natural flavouring, sunflower oil, dextrose, sugar, spices, colouring agent (plain caramel), mineral (ferrous fumarate), vitamin B12.

Produced in a facility that processes peanuts and nuts.

## Nutrition value per 100g

Energy	1072 kJ / 256 kCal
Fat, of which	15.2 g
Saturates	5.4 g
Mono-unsaturated	6.6 g
Poly-unsaturated	3.1 g
Carbohydrate	8.6 g
Sugar	3.9 g
Fibre	5.2 g
Protein	18.9 g
Salt	2.03 g
Iron	7.0 mg (50% RDI*)
Vitamin B12	0.5 µg (20% RDI*)
Reference intake of an average adult (8400 kJ/2000 kcal).	
* Recommended Daily Intake.	



## Method of preparation

Frying pan: 4-6 minutes on moderate heat. Turn every now and then.

Oven: 8 minutes at 180°C. Turn once.

Microwave: 1 minute on 900W.

Barbecue or grill: Rub with (olive) oil. Grill on both sides for 2 minutes.

## Types

Clean label

## Applications

Main course, Snack

# Mince

A ready-made vegetarian mince suitable for use in all kinds of dishes and sauces. Use it for example in Italian dishes such as Bolognese Sauce, Lasagne, or Mexican Burritos. This mince contains no milk and egg and is therefore suitable for vegans. Also available as a variant for industrial applications.

## Ingredients

Water, vegetable protein 30% (**soy**), acid (E326), salt, colour (plain caramel), flavouring, **barley malt extract**, glucose syrup, hydrolyzed vegetable protein (**soy**), herbs and spices, mineral (ferrous fumarate), vitamin B12.

Produced in a facility that processes peanuts and nuts.

## Nutrition value per 100g

Energy	524 kJ / 125 kCal
Fat, of which	0.2 g
Saturates	0.1 g
Mono-unsaturated	0.1 g
Poly-unsaturated	0.0 g
Carbohydrate	2.8 g
Sugar	0.5 g
Fibre	7.0 g
Protein	24.3 g
Salt	1.58 g
Iron	7.0 mg (50% RDI*)
Vitamin B12	0.5 µg (20% RDI*)

Reference intake of an average adult (8400 kJ/2000 kcal).

\* Recommended Daily Intake.



## Method of preparation

Frying pan: 3 minutes on moderate heat. Stir every now and then.

## Types

Vegan, Without tropical oils

## Applications

Bake-off, Bound salad, Main course, Main course salad, Pizza, Sauce, Wrap

# Fresh Mince

With this unique vegetarian mince you can create and vary your own products. Make your own bites, hamburgers or sausages. This product is not yet cooked and one has to bring it to taste. A block of Fresh Mince weighs 250 grams. This product can also be delivered as a base dough for the production of plant-based protein foods.

## Ingredients

Water, 21% vegetable proteins (**soy, wheat gluten**), sunflower oil, starch (potato, corn, **wheat**), **egg white\***, flavourings, modified starch, beet root powder, hydrolyzed vegetable protein (**soy**), salt, spices, mineral (ferrous fumarate), vitamin B12

\*Free-range eggs.

Produced in a facility that processes peanuts and nuts.

## Nutrition value per 100g

Energy	828 kJ / 198 kcal
Fat, of which	7.8 g
saturates	1.3 g
mono-unsaturated	2.6 g
poly-unsaturated	3.7 g
Carbohydrate	9.9 g
Sugar	0.5 g
Fibre	4.9 g
Protein	19.5 g
Salt	1.03 g
Iron	7.0 mg (50% RDA*)
Vitamin B12	0.5 µg (20% RDA*)

Reference intake of an average adult (8400 kJ/2000 kcal).

\*Recommended Daily Intake.



## Method of preparation

**Meatballs:** Season the mince and/or combine with egg and breadcrumbs. Mold into ball shapes and fry 3 min. on a low fire. Add water and cook through for 15-20 min. Remove the meatballs from the pan. Season with stock cube/powder and thicken with cornstarch. Place the meatballs in the creamy sauce.

**Forcemeat balls:** Season the mince to taste. Roll into forcemeat balls and fry these on all sides in a frying pan with a dash of oil. Add the balls when the soup is almost boiling (10-12 minutes).

## Types

Without tropical oils

## Applications

Bake-off, Soupe

# Bacon

Delicious vegetarian bits of bacon that fit perfectly in the preparation of a salad meal, pizza, stew, mashed potato dish, or an oven dish. This product is available in various formats.

## Ingredients

Water, palm oil, vegetable protein 11% (**soy, wheat gluten**), **egg white\***, starch (potato, **wheat**, corn), salt, natural flavouring (**egg**), **milk protein (lactose)**, herbs and spices, smoke flavouring, dextrose, colour (paprika extract, E163), acid (citric acid), mineral (ferrous fumarate), vitamin B12.

\* Free-range eggs.

Produced in a facility that processes peanuts and nuts.

## Nutrition value per 100g

Energy	1117 kJ / 267 kCal
Fat, of which	19.3 g
Saturates	7.2 g
Mono-unsaturated	9.2 g
Poly-unsaturated	2.8 g
Carbohydrate	6.9 g
Sugar	1.0 g
Fibre	1.5 g
Protein	16.1 g
Salt	4.05 g
Iron	7.0 mg (50% RDI*)
Vitamin B12	0.5 µg (20% RDI*)

Reference intake of an average adult (8400 kJ/2000 kcal).

\* Recommended Daily Intake.



## Method of preparation

Frying pan: 3 minutes on moderate heat. Stir every now and then.

## Applications

Bake-off, Bound salad, Gourmet, Main course, Main course salad, Pizza, Sauce, Soupe, Wrap

# Cubes

Cubes are vegetarian cubes with a chicken-like texture. Stir fry the cubes in wok dishes or use them in a salad. Delicious when skewered with some paprika or onion and grilled or cooked on the BBQ. Available as 4-gram or 13-gram cubes.

## Ingredients

Water, 15% vegetable protein (**soy, wheat gluten**), sunflower oil, **barn laid egg white**, starch (potato, **wheat**), spices, thickener (carrageenan), salt, yeast extract, natural flavouring, acid (citric acid).

Produced in a facility that processes peanuts and nuts.

## Nutrition value per 100g

Energy	851 kJ / 203 kCal
Fat, of which	10.7 g
Saturates	1.4 g
Mono-unsaturated	3.6 g
Poly-unsaturated	5.4 g
Carbohydrate	7.4 g
Sugar	0.5 g
Fibre	2.5 g
Protein	18.2 g
Salt	1.50 g
Reference intake of an average adult (8400 kJ/2000 kcal).	
* RDI= Recommended Daily Intake	



## Method of preparation

Frying pan : 3 min. on a low fire. Stir every now and then.  
Oven : 5-7 min. at 180°C.  
Barbecue or grill : Thread the cubes on skewers. Rub with (olive) oil. Grill for 3-4 minutes. Turn every now and then.

## Types

Clean label

## Applications

Barbecue, Gourmet, Main course, Main course salad, Pizza, Sauce, Wrap

# Diced Ham

Diced Ham is a tasty addition to your meals. The cubes can be used, for example, in salads, TV dinners or asparagus dishes. Also excellent for preparing pizzas or pasta dishes. This product is available in various formats.

## Ingredients

Water, 13% vegetable protein (**soy, wheat gluten**), sunflower oil, **egg white\***, starch (potato, **wheat**, corn), flavourings (**egg**), **milk protein (lactose)**, spices, garlic, dextrose, smoke flavouring, salt, acid (citric acid), colour (E172), mineral (ferrous fumarate), vitamin B12

\* Free-range eggs.

Produced in a facility that processes peanuts and nuts.

## Nutrition value per 100g

Energy	795 kJ / 190 kCal
Fat, of which	10.0 g
Saturates	1.2 g
Mono-unsaturated	2.4 g
Poly-unsaturated	5.8 g
Carbohydrate	6.1 g
Sugar	0.9 g
Fibre	3.0 g
Protein	17.5 g
Salt	1.60 g
Iron	7.0 mg (50% RDI*)
Vitamin B12	0.5 µg (20% RDI*)

Reference intake of an average adult (8400 kJ/2000 kcal).

\* Recommended Daily Intake.



## Method of preparation

Frying pan: 2-3 minutes on moderate heat. Stir every now and then.

## Types

Without tropical oils

## Applications

Bake-off, Bound salad, Gourmet, Main course, Main course salad, Pizza, Sauce, Soupe

# Stir-Fry Strips

The Stir-Fry Strips can be rightly called unique. The pieces have a threaded texture closely resembling chicken meat. Suitable for many applications such as meals, salads or pizza. The stir-fry strips are pre-cooked and ready to incorporate into existing recipes. This product is available in various formats.

## Ingredients

Water, vegetable proteins 14% (**soy, wheat gluten**), **egg white\***, starch (potato, **wheat, corn**), palm fat, flavouring (**egg**), **milk protein (lactose)**, sunflower oil, herbs and spices, dextrose, salt, acid (citric acid), mineral (ferrous fumarate), vitamin B12.

\* *Free-range eggs.*

Produced in a facility that processes peanuts and nuts.

## Nutrition value per 100g

Energy	855 kJ/204 kcal
Fat, of which	10.0 g
Saturates	4.3 g
Mono-unsaturated	3.3 g
Poly-unsaturated	2.4 g
Carbohydrate	7.6 g
Sugar	0.8 g
Fibre	1.5 g
Protein	20.2 g
Salt	1.70 g
Iron	7.0 mg (50% RDI*)
Vitamin B12	0.5 µg (20% RDI*)

Reference intake of an average adult (8400 kJ/2000 kcal).

\* Recommended Daily Intake.



## Method of preparation

Frying pan : 3 min. on moderate heat. Stir every now and then.

## Types

Clean label

## Applications

Bake-off, Bound salad, Gourmet, Main course, Main course salad, Pizza, Sauce, Wrap

# Shawarma

The Shawarma has a recognizably Mediterranean flavour and is truly vegetarian. Ideal for pita sandwiches or wraps. Use the strips as a variation added to salads, (rice) meals, or French fries. Excellent in combination with your favourite sauces. This product is available in various formats.

## Ingredients

Water, vegetable proteins 16% (**soy, wheat gluten**), **egg white\***, starch (potato, **wheat**, corn), palm fat, herbs and spices, flavouring (**celery**), **milk protein (lactose)**, sunflower oil, dextrose, salt, acid (citric acid), mineral (ferrous fumarate), vitamin B12.

\* free-range eggs.

Produced in a facility that processes peanuts and nuts



## Method of preparation

Frying pan: 3 minutes on moderate heat. Stir every now and then.

## Applications

Bake-off, Bound salad, Gourmet, Main course, Main course salad, Pizza, Snack, Wrap

## Nutrition value per 100g

Energy	862 kJ / 206 kCal
Fat, of which	10.1 g
Saturates	5.5 g
Mono-unsaturated	2.7 g
Poly-unsaturated	1.7 g
Carbohydrate	7.1 g
Sugar	0.6 g
Fibre	4.5 g
Protein	19.5 g
Salt	1.95 g
Iron	7.0 mg (50% RDI*)
Vitamin B12	0.5 µg (20% RDI*)
Reference intake of an average adult (8400 kJ/2000 kcal).	
* Recommended Daily Intake.	

# Cordon Bleu

The Cordon Bleu is filled with vegetarian ham and cheese and is a full plant-based protein food. The weight of the Cordon Bleu is 100 grams.

## Ingredients

Water, vegetable proteins 16% (**soy, wheat gluten**, pea), vegetarian cheese (cheese (**milk, lactose**), water, potato starch (E1420), butter (**milk, lactose**), emulsifying salts (E452, E339), salt), breadcrumbs (**wheat**), chicken **egg white\***, palm oil, **wheat flour**, sunflower oil, flavouring (**egg, celery**), starch (potato, **wheat**, corn), modified corn starch, **milk protein (lactose)**, salt, dextrose, herbs and spices, garlic, smoke flavouring, acid (citric acid), mineral (ferrous fumarate), colour (E172), vitamin B12.

\* Free-range eggs.

Produced in a facility that processes peanuts and nuts.

## Nutrition value per 100g

Energy	1013 kJ / 242 kCal
Fat, of which	12.3 g
Saturates	3.2 g
Mono-unsaturated	4.0 g
Poly-unsaturated	4.9 g
Carbohydrate	11.0 g
Sugar	1.4 g
Fibre	6.0 g
Protein	19.0 g
Salt	1.98 g
Iron	5.1 mg (36 % RDI*)
Vitamin B12	0.4 µg (16 % RDI*)

\* RDI = Recommended Daily Intake



## Method of preparation

Frying pan: 6-8 minutes on moderate heat. Turn every now and then.

Oven : 10 min. at 180°C. Turn once.

## Applications

Main course

# Granola Schnitzel Goat Cheese Fig

The Granola Schnitzel Goat Cheese Fig is a unique product. This schnitzel is filled with creamy goat cheese and fig and has a crunchy granola coating. Perfect in combination with a fresh salad or potatoes. A Granola Schnitzel Goat Cheese Fig weighs 100 grams.

## Ingredients

Water, 13% granola (**oats, barley**, 2% dried fig, **wheat, rye**, sunflower kernel, pumpkin kernel, dried coconut), 11% goat cheese (pasteurised **goat milk**, salt, starter, microbial rennet, sunflower oil, thickeners (quar gom, carrageenan)), 8% vegetable proteins (**soy, wheat gluten**), sunflower oil, starch (potato, **wheat**), **wheat flour, egg white\***, thickeners (carrageenan), sugar, wheat fiber, acid (citric acid), 1% fig, spices, salt, yeast extract, natural flavourings, modified starch, apple extract, mineral (ferrous fumarate), vitamin B12.

\*Free-range eggs.

Produced in a facility that processes peanuts and nuts.

## Nutrition value per 100g

Energy	1071 kJ / 256 kCal
Fat, of which	14.6 g
Saturates	3.2 g
Mono-unsaturated	4.6 g
Poly-unsaturated	6.8 g
Carbohydrate	14.4 g
Sugar	3.0 g
Fibre	7.5 g
Protein	13.3 g
Salt	1.02 g
Iron (mg)	7.0 mg (50%)
Vitamin B12 (?g)	0.5 ?g (20%)

Reference intake of an average adult (8400 kJ/2000 kcal).



## Method of preparation

Frying pan: 6-8 minutes on moderate heat. Turn every now and then.

Oven: 10 minutes at 180°C. Turn once.

## Applications

Main course

# Greek Schnitzel

The Greek Schnitzel is filled with a delicious Mediterranean sauce. Very tasty with pasta dishes and has a crunchy crust. A Greek Schnitzel weighs 100 grams.

## Ingredients

Water, 25% Greek sauce (cheese (**milk (lactose)**), salt, starter, vegetarian rennet, lipase, acidity regulator (E270)), sweet pepper, water, **cashews**, vegetable oil (rapeseed, sunflower), onion, sugar, salt, modified starch, garlic, herbs and spices, flavouring, colour (paprika extract), stabiliser (E415, E412), preservative (E202, E211, E223), acid (citric acid), antioxidant (E300), lemon fibre, 14% vegetable protein (**soy, wheat gluten, pea**), breadcrumbs (**wheat**), **egg white\***, palm fat, **wheat flour**, sunflower oil, modified starch, flavouring (**wheat, celery**), salt, **milk protein (lactose)**, dextrose, starch (**wheat, corn**), sweet pepper, herbs and spices, mineral (ferrous fumarate), vitamin B12.

\* Free-range eggs.

Produced in a facility that processes peanuts.

## Nutrition value per 100g

Energy	1069 kJ / 255 kCal
Fat, of which	13.9 g
Saturates	4.2 g
Mono-unsaturated	4.7 g
Poly-unsaturated	4.9 g
Carbohydrate	12.8 g
Sugar	1.9 g
Fibre	3.5 g
Protein	18.2 g
Salt	2.03 g
Iron	5.1 g (36% RDI*)
Vitamin B12	0.4 g (16% RDI*)

Reference intake of an average adult (8400 kJ/2000 kcal).

\* Recommended Daily Intake.



## Method of preparation

Frying pan: 6-8 minutes on moderate heat. Turn every now and then.

Oven: 10 minutes at 180°C. Turn once.

## Applications

Main course

# Fillet

The Fillet is a lightly spiced vegetarian Fillet with a lovely chicken texture. Enhance the taste even further by preparing the product with marinade. It's ideal for cooking in the oven and tastes great with fresh vegetables and potatoes. You can also slice the Fillet into strips to create a wide range of delicious recipes.

## Ingredients

Water, 15% vegetable protein (**soy**, **wheat gluten**), sunflower oil, starch (potato, **wheat**, corn), **egg white\***, natural flavouring (**egg**), spices, thickener (processed eucheama seaweed), salt, acid (citric acid), mineral (ferrous fumarate), vitamin B12.

\*Free-range eggs

Produced in a facility that processes peanuts and nuts.

## Nutrition value per 100g

Energy	731 kJ/175 Kcal
Fat, of which	8.2 g
Saturates	1.2 g
Mono-unsaturated	2.8 g
Poly-unsaturated	4.1 g
Carbohydrate	7.1 g
Sugar	0.7 g
Fibre	2.5 g
Protein	16.9 g
Salt	1.55 g
Iron	7.0 mg (50% RDA)*
Vitamin B12	0.5 µg (20% RDA)*

Reference intake of an average adult (8400 kJ/2000 kcal).

\* Recommended Daily Intake.



## Method of preparation

Frying pan: 4-6 minutes on moderate heat. Turn every now and then.

Oven: 8 minutes at 180°C. Turn once.

## Types

Clean label, Without tropical oils

## Applications

Barbecue, Main course

# Cheezy Schnitzel

The Cheezy Schnitzel is richly filled with vegan cheese. Deliciously creamy and crunchy. A Cheezy Schnitzel weighs 75 grams.

## Ingredients

47% vegan cheese preparation (water, modified starch, coconut fat, olive oil, rice protein, salt, acacia fiber, stabilizer (tara gum), preservative (potassium sorbate), acid (citric acid), colouring (beta-carotene, E171), natural flavourings), breadcrumbs (**wheat**), water, flour (**wheat**, maize), sunflower oil, modified starch, pea fiber, salt, raising agent (sodium carbonate), stabilizer (E450).

Produced in a facility that processes peanuts and nuts.

## Nutrition value per 100g

Energy	988 kJ / 236 kCal
Fat, of which	11.3 g
Saturates	2.9 g
Mono-unsaturated	3.5 g
Poly-unsaturated	4.8 g
Carbohydrate	30.2 g
Sugar	0.1 g
Fibre	2.2 g
Protein	2.3 g
Salt	1.00 g
Reference intake of an average adult (8400 kJ/2000 kcal).	
*** Recommended Daily Intake.	



## Method of preparation

Frying pan: 6-8 minutes on moderate heat. Turn every now and then.

Oven: 10 minutes at 180°C. Turn once.

## Types

Soy free, Vegan

## Applications

Main course

# Schnitzel

The Schnitzel is a crispy breaded plant-based protein food product with a delicious taste that goes well with a meal accompanied by potatoes and vegetables, for instance. The main ingredients are soy and wheat protein. This product is also enriched with vitamins and minerals making it a full-fledged meal component. The Schnitzel is available as a 90-gram as well as a 100-gram product. Was best-tested in 2011 by the Dutch Consumers Association.

## Ingredients

Water, vegetable proteins 16% (**soy, wheat gluten**), breadcrumbs (**wheat**), sunflower oil, **egg white\***, **wheat flour**, starch (potato, **wheat**, corn), flavouring (**celery**), salt, herbs and spices, mineral (ferrous fumarate), vitamin B12.

\* Free-range eggs.

Produced in a facility that processes peanuts and nuts.

## Nutrition value per 100g

Energy	995 kJ/ 238 kCal
Fat, of which	12.2 g
Saturates	1.3 g
Mono-unsaturated	3.9 g
Poly-unsaturated	7.0 g
Carbohydrate	14.9 g
Sugar	1.2 g
Fibre	4.0 g
Protein	15.2 g
Salt	1.90 g
Iron	7.0 mg (50 % RDI*)
Vitamin B12	0.5 µg (20% RDI*)

Reference intake of an average adult (8400 kJ/2000 kcal).

\* Recommended Daily Intake.



## Method of preparation

Frying pan: 6-8 minutes on moderate heat. Turn every now and then.

Oven: 8 minutes at 180°C. Turn once.

## Types

Clean label, Without tropical oils

## Applications

Main course

# Balls

Spiced Balls with a solid bite, but entirely vegetarian. Excellent with a hot meal or as a snack with drinks. A Snack ball weighs 17 grams.

## Ingredients

Water, 23% vegetable protein (**soy, wheat gluten**, pea), onion, palm oil, **egg white\***, potato, tomato paste, sunflower oil, modified starch, natural flavouring, salt, spices, **milk protein (lactose)**, starch (**wheat**, corn), dextrose, colour (plain caramel), mineral (ferrous fumarate), vitamin B12.

\* free-range eggs.

Produced in a facility that processes peanuts and nuts.

## Nutrition value per 100g

Energy	869 kJ / 208 kCal
Fat, of which	8.8 g
Saturates	2.5 g
Mono-unsaturated	3.6 g
Poly-unsaturated	2.6 g
Carbohydrate	7.8 g
Sugar	3.6 g
Fibre	4.0 g
Protein	22.3 g
Salt	1.83 g
Iron	7.0 mg (50% RDI*)
Vitamin B12	0.5 µg (20% RDI*)

Reference intake of an average adult (8400 kJ/2000 kcal).

\* Recommended Daily Intake.



## Method of preparation

Frying pan: 3 minutes on moderate heat. Stir every now and then.

Oven: ± 5 minutes at 180°C. Turn once.

Microwave: 1 min. on 900W.

Barbecue or grill: Rub with (olive) oil. Grill 4 min.

## Types

Clean label

## Applications

Barbecue, Gourmet, Main course, Sauce, Snack, Wrap

# Falafel

A Falafel dish consists of balls filled with chickpeas as a base. The Falafel originates from the Middle East but has also become a well-known product in Europe. The Falafel spice mix makes for a spicy taste and the combination of legumes and vegetables makes it a delicious vegan snack. A Falafel ball weighs approximately 17 grams.

## Ingredients

52% chickpeas, vegetables (courgette, carrot, onion), water, **wheat flour**, sunflower oil, parsley, herbs and spices, salt, thickener (E461), coriander, vegetable proteins (**wheat gluten**).

Produced in a facility that processes peanuts and nuts.

## Nutrition value per 100g

Energy	683 kJ / 163 kCal
Fat, of which	5.6 g
Saturates	1.2 g
Mono-unsaturated	2.1 g
Poly-unsaturated	2.0 g
Carbohydrate	17.4 g
Sugar	2.1 g
Fibre	8.5 g
Protein	6.6 g
Salt	1.55 g
Reference intake of an average adult (8400 kJ/2000 kcal).	



## Method of preparation

Frying pan: 3 minutes on moderate heat. Stir every now and then.

Oven: ± 8 minutes at 180°C. Turn once.

Microwave: 1 minute on 900W.

Deep fryer: 3 minutes at 180°C, defrosted.

## Types

Soy free, Vegan, Without tropical oils

## Applications

Bake-off, Gourmet, Main course, Pizza, Snack, Wrap

# Bean Balls Chili

The Bean Balls Chili are deliciously spicy and full of vegetables. Suitable for a warm meal or as a snack during drinks. One Bean Ball weighs 17 grams and does not contain any milk or egg. This makes this product suitable for vegans.

## Ingredients

37% beans (brown bean, broad bean), vegetables (pea, onion, bell pepper), water, 10% vegetable protein (**wheat gluten**), sunflower oil, starch (potato, **wheat**), **wheat fiber**, tomato puree, spices, thickener 9E461), salt, psyllium, 0,3% chili pepper, mineral (ferrous fumarate), vitamine B12.

Produced in a facility that processes peanuts and nuts.

## Nutrition value per 100g

Energy	561 kJ / 134 kCal
Fat, of which	3.9 g
Saturates	0.6 g
Mono-unsaturated	1.1 g
Poly-unsaturated	2.1 g
Carbohydrate	10.6 g
Sugar	1.9 g
Fibre	7.0 g
Protein	10.6 g
Salt	1.03 g
Iron (mg)	7.0 mg (43%)
Vitamin B12 (?g)	0.5 ?g (17%)
Reference intake of an average adult (8400 kJ/2000 kcal).	



## Method of preparation

Frying pan: 4-6 minutes on moderate heat. Turn regularly.  
Oven: 10 minutes at 180°C. Turn once.  
Barbecue or grill: Rub with (olive) oil. Grill on both sides for 2 minutes.

## Types

Vegan, Without tropical oils

## Applications

Barbecue, Gourmet, Main course, Main course salad, Snack, Wrap

# Vegetable Balls

The Vegetable Balls make it very easy to snack healthily. The balls are filled with vegetables and have a spicy taste. Great on a sandwich or as a snack with drinks. Vegetable Balls also fit well with oriental dishes. A Vegetable Ball weighs approximately 17 grams.

## Ingredients

51% vegetables (carrot, mushroom, corn, courgette, onion, green sweet pepper, red sweet pepper, leek, **celery**, garlic), water, 14% vegetable protein (**soy**, **wheat gluten**), rice, starch (potato, **wheat**, corn), sunflower oil, **egg white\***, natural flavouring (**celery**), **milk protein**, dextrose, herbs and spices, salt, **soybeans**, **wheat**.

\* free-range eggs.

Produced in a facility that processes peanuts and nuts.

## Nutrition value per 100g

Energy	643 kJ / 154 kCal
Fat, of which	6.5 g
Saturates	1.0 g
Mono-unsaturated	1.6 g
Poly-unsaturated	3.9 g
Carbohydrate	9.3 g
Sugar	2.7 g
Fibre	2.5 g
Protein	13.2 g
Salt	1.33 g

Reference intake of an average adult (8400 kJ/2000 kcal).



## Method of preparation

Frying pan: 3 minutes on moderate heat. Stir every now and then.

Oven : 8 min. at 180°C. Turn once.

Microwave : 1 min. on 900W.

Barbecue or grill : Rub with (olive) oil. Grill 4 min.

## Types

Clean label

## Applications

Gourmet, Main course, Sauce, Snack, Wrap

# Nut Carré

The Nut Carré is a crispy carré with nuts as a base with a coating of granola. The delicious nut mix provides a solid bite and a unique taste experience. A Nut Carré weighs 75 grams.

## Ingredients

Water, 18% **nuts (cashew, brazil nut, almond, macadamia nut, pistachio, pecan)**, 13% granola (**oat, barley, wheat, rye, sunflower kernel**). **wheat flour**, sunflower oil, vegetable protein (**soy, wheat gluten**), dried plum, raisin, **egg white\***, starch (potato, **wheat**), dextrose, natural flavouring, herbs and spices, salt, dried onion, garlic, mineral (ferrous fumarate), vitamin B12.

\*free-range eggs.

Produced in a facility that processes peanuts and nuts.



## Nutrition value per 100g

Energy	1348 KJ / 322 kCal
Fat, of which	19.7 g
Saturates	2.8 g
Mono-unsaturated	8.8 g
Poly-unsaturated	8.0 g
Carbohydrate	20.6 g
Sugar	7.7 g
Fibre	7.0 g
Protein	12.5 g
Salt	1.15 g
Iron (mg)	4.7 mg
Vitamin B12 (?g)	0.3 µg
Reference intake of an average adult (8400 KJ/ 2000 kCal).	

## Method of preparation

frying pan: 4-6 minutes on moderate heat. Turn every now and then.

Oven: 10 minutes at 180°C. Turn once.

Barbecue or grill: Rub with (olive) oil. Grill on both sides for 4 minutes.

## Applications

Main course, Snack

# Italian Carré

Crispy Italian Carré with sun-dried tomatoes and fresh herbs. The typical Mediterranean taste and mix of vegetables makes this product a surprisingly tasty plant-based protein food product. The Italian Carré weighs 75 grams.

## Ingredients

Vegetables (courgette, onion, red sweet pepper, green sweet pepper, green beans, carrot, leek, garlic, sun dried tomatoes 0.5%), water, bread-crumbs (**wheat**), vegetarian cheese (**milk**, salt, starter, vegetarian rennet), vegetable protein (**soy**, **wheat gluten**), **egg white\***, **wheat flour**, starch (potato, **wheat**, maize), tomato paste, flavouring (**egg**), salt, fresh herbs 1.3% (basil, parsley, oregano, thyme, rosemary, lovage), sunflower oil, vinegar, herbs and spices, lemon fibre, mineral (ferrous fumarate), vitamin B12.

\* free-range eggs.

Produced in a facility that processes peanuts and nuts.

## Nutrition value per 100g

Energy	904 kJ / 216 kCal
Fat, of which	8.8 g
Saturates	2.1 g
Mono-unsaturated	2.7 g
Poly-unsaturated	3.9 g
Carbohydrate	19.4 g
Sugar	2.7 g
Fibre	3.0 g
Protein	13.2 g
Salt	1.85 g
Iron	7.0 mg (50% RDI*)
Vitamin B12	0.5 µg (20% RDI*)

Reference intake of an average adult (8400 kJ/2000 kcal).

\* RDI = Recommended Daily Intake



## Method of preparation

Frying pan: 4-6 minutes on moderate heat. Turn every now and then.

Oven: 10 minutes at 180°C. Turn once.

## Types

Clean label, Without tropical oils

## Applications

Main course, Snack

# Nut Bites

These vegetarian Nut Bites are full with mixed nuts and do have a good bite. Delicious with the main course or as a snack. A Nut Bite weighs 17 grams.

## Ingredients

Water, 31% mixed nuts (**cashew nuts, brazil nuts, almonds, macadamia nuts, pistachios, pecans**), 9% vegetable protein (**soy, wheat gluten**), **egg white\***, starch (potato, **wheat**, corn), dextrose, natural flavouring, sunflower oil, garlic, salt, spices, mineral (ferrous fumarate), vitamin B12

\* free-range eggs.

Produced in a facility that processes peanuts.



## Nutrition value per 100g

Energy	1344 kJ / 321 kcal
Fat, of which	22.2 g
saturates	3.7 g
mono-unsaturated	12.1 g
poly-unsaturated	6.3 g
Carbohydrate	10.5 g
Sugar	4.5 g
Fibre	3.0 g
Protein	18.8 g
Salt	1.63 g
Iron	7.0 mg (50% RDA*)
Vitamin B12	0.5 µg (20% RDA*)

Reference intake of an average adult (8400 kJ/2000 kcal).

\* Recommended Daily Intake.

## Method of preparation

Frying pan : 4-6 minutes on moderate heat. Turn every now and then.

Oven : 5-7 minutes at 180°C. Turn once.

Microwave: 1 min. at 900W.

## Types

Clean label, Without tropical oils

## Applications

Main course, Snack

# Nuggets

Crispy Nuggets based on pea protein and wheat protein. This product has a chicken-like texture and is a delicious vegetarian snack. A Nugget weighs 20 grams.

## Ingredients

Water, breadcrumbs (**wheat**), 16% vegetable protein (**wheat**, pea), sunflower oil, **wheat flour**, **egg white**\*, modified starch, salt, natural flavouring (**wheat**, **celery**), **wheat starch**, **milk protein (lactose)**, dextrose, herbs and spices.

\* Free range eggs

Produced in a facility that processes peanuts and nuts.

## Nutrition value per 100g

Energy	1123 kJ / 268 kcal
Fat, of which	13,3 g
saturates	1,4 g
mono-unsaturated	4,2 g
poly-unsaturated	7,6 g
Carbohydrate	18,4 g
Sugar	2,3 g
Fibre	0,5 g
Protein	18,5 g
Salt	1,85 g
Reference intake of an average adult (8400 kJ/2000 kcal).	



## Method of preparation

Frying pan: 4-6 minutes on moderate heat. Turn every now and then.

Oven: 8 minutes at 180°C. Turn once.

Fryer: 3 min. at 180°C (defrosted product)

## Types

Clean label, Soy free, Without tropical oils

## Applications

Gourmet, Main course, Snack

# Bratwurst

This vegetarian sausage is deliciously seasoned and matches well with, for example, cabbage dishes. In addition, this product is enriched with vitamins and minerals making it a full-fledged meal component. A delicious juicy sausage, which is also ideal to cook on the barbecue or stone grill. The bratwurst is available in 50 and 80 grams and is also available in patties.

## Ingredients

Water, 11% vegetable protein (**wheat gluten, soy**), onion, rapeseed oil, **egg white\***, natural flavouring, starch (potato, tapioca), dextrose, salt, sugar, spices, colour (plain caramel), mineral (ferrous fumarate), vitamin B12.

\* Free-range eggs.

## Nutrition value per 100g

Energy	640 kJ / 153 kCal
Fat, of which	7.8 g
Saturates	1.2 g
Mono-unsaturated	4.9 g
Poly-unsaturated	1.6 g
Carbohydrate	5.3 g
Sugar	1.3 g
Fibre	0.8 g
Protein	15.0 g
Salt	1.68 g
Iron	7.0 mg (50% RDI*)
Vitamin B12	0.5 µg (20% RDI*)
Reference intake of an average adult (8400 kJ/2000 kcal).	
* Recommended Daily Intake.	



## Method of preparation

Frying pan : 4-6 minutes on moderate heat. Turn every now and then.

Oven : 8-10 minutes at 180°C. Turn once.

Fryer : 3 minutes at 180°C, defrosted

## Types

Without tropical oils

## Applications

Barbecue, Main course, Sauce, Snack

# Frankfurters

Vegetarian sausage, to serve as a hot dog on a roll or as a snack with French fries. Weight per item: 40 grams.

## Ingredients

Water, 15% vegetable protein (**soy, wheat gluten**), rapeseed oil, **egg white\***, natural flavouring, dried onion, rice bran, yeast extract, dextrose, salt, **wheat flour**, smoked water, extracts (onion, garlic, spice), sugar, mineral (ferrous fumarate), vitamin B12, colour (E172).

\* free-range eggs.

## Nutrition value per 100g

Energy	862 kJ / 206 kCal
Fat, of which	15.0 g
Saturates	2.4 g
Mono-unsaturated	9.4 g
Poly-unsaturated	3.1 g
Carbohydrate	1.9 g
Sugar	1.2 g
Fibre	1.0 g
Protein	15.7 g
Salt	1.73 g
Iron	7.0 mg (50% RDI*)
Vitamin B12	0.5 g (20% RDI*)
Reference intake of an average adult (8400 kJ/2000 kcal).	
* Recommended Daily Intake.	



## Method of preparation

pan: 5 min. heating in hot water, do not boil.  
Microwave: 1 min. at 750W (3 pieces)

## Types

Without tropical oils

## Applications

Bake-off, Main course, Snack

# Smoked Sausage

A vegetarian smoked sausage. This product is delicious with kale stew or sauerkraut. Of course, the sausage can also be eaten on a bun. The smoked sausage weighs 90 grams and is also available in slices.

## Ingredients

Water, 15% vegetable protein (**soy, wheat gluten**), rapeseed oil, **egg white\***, natural flavourings, dried onion, rice bran, yeast extract, dextrose, salt, **wheat flour**, smoked water, extracts (onion, garlic, spice), sugar, mineral (ferrous fumarate), vitamin B12, colour (E172).

\* free-range eggs.

## Nutrition value per 100g

Energy	862 kJ / 206 kCal
Fat, of which	15.0 g
Saturates	2.4 g
Mono-unsaturated	9.4 g
Poly-unsaturated	3.1 g
Carbohydrate	1.9 g
Sugar	1.2 g
Fibre	1.0 g
Protein	15.7 g
Salt	1.73 g
Iron	7.0 mg (50% RDI*)
Vitamin B12	0.5 µg (20% RDI*)

Reference intake of an average adult (8400 kJ/2000 kcal).

\* Recommended Daily Intake.



## Method of preparation

Pan: 5 minutes heating in hot water, do not boil.

Microwave: 1 minute at 750W (3 pieces).

## Types

Without tropical oils

## Applications

Main course, Pizza, Sauce, Snack, Soupe

# Skewers

Juicy plant-based protein food product with a chicken-like texture. Delicious with Nasi Goreng, fries, or on a baguette, but above all suitable for the BBQ or Grill. The skewers are marinated in a spicy Piri Piri sauce. The weight of a skewer is 35 grams (marinated).

## Ingredients

Water, peri peri sauce (water, sugar, vinegar, modified starch (potato), dried vegetables (sweet pepper, garlic, onion), natural flavouring, salt, herbs and spices (cayenne pepper, ginger)), vegetable protein 10% (**soy, wheat gluten**), **egg white\***, starch (potato, **wheat**, corn), palm fat, flavouring (**egg**), **milk protein (lactose)**, sunflower oil, herbs and spices, dextrose, salt, food acid (citric acid), mineral (ferrous fumarate), vitamin B12.

\* free-range eggs.

Produced in a facility that processes peanuts and nuts.

## Nutrition value per 100g

Energy	919 kJ/ 220 kCal
Fat, of which	9.7 g
Saturates	3.1 g
Mono-unsaturated	3.1 g
Poly-unsaturated	3.4 g
Carbohydrate	18.0 g
Sugar	12.8 g
Fibre	1.0 g
Protein	14.5 g
Salt	1.80 g
Iron	5.1 mg (36% RDI*)
Vitamin B12	0.4 µg (16% RDI*)

Reference intake of an average adult (8400 kJ/2000 kcal).

\* Recommended Daily Intake.



## Method of preparation

Frying pan: 3 minutes on moderate heat. Turn every now and then.

Oven: 6-8 minutes at 180°C. Turn once.

Barbecue or grill: Rub with (olive) oil. Grill on both sides for 2-3 minutes.

## Applications

Barbecue, Main course, Snack

# Tempeh Block

Tempeh is a basic product, made from cooked and fermented soybeans. A block of Tempeh weighs 400 grams and is also deliverable in 200 grams.

## Ingredients

soybeans\*, water, inoculum cultures, rice flour.

## Nutrition value per 100g

Energy	843 kJ / 201 kcal
Fat, of which saturates	10.9 g
saturates	2.9 g
Mono-unsaturated	2.7 g
Poly-unsaturated	5.0 g
Carbohydrate	2.0 g
Sugar	0.5 g
Fibre	6.5 g
Protein	20.8 g
Salt	0.01 g
Reference intake of an average adult (8400 kJ/2000 kcal)	



## Method of preparation

Cut into slices, strips or cubes and marinate. Then cook in a (grill) pan or in the oven. It's also possible to bake or fry the tempeh first until it's crunchy and then add herbs/spices to taste later.

## Types

Clean label, Vegan, Without tropical oils

## Applications

Barbecue, Main course, Main course salad, Sauce, Soupe, Wrap

# Tempeh Cubes Ketjap

Delicious Tempeh Cubes marinated in a ketjap marinade. Stir fry the cubes in wok dishes or use them in Oriental dishes. This product is made from cooked and fermented soybeans and are purely vegan. A package of Tempeh Cubes Ketjap contains 180 grams.

## Ingredients

59% boiled **soy bean**, 25% sweet **soy sauce** (water, molasses, Sugar, **soy sauce** (water, **soy bean**, salt, vinegar), salt, red peper, vinegar, modified starch, onion, ginger, lemon juice, garlic, herbs and spices, natural flavouring), sunflower oil, rice flour, inoculum cultures.

Produced in a facility that processes peanuts and nuts.

## Nutrition value per 100g

Energy	1438 kJ / 343 kCal
Fat, of which	24.9 g
Saturates	3.6 g
Mono-unsaterated	7.1 g
Poly-unsaterated	13.8 g
Carbohydrate	9.5 g
Sugar	6.7 g
Fibre	6.4 g
Protein	17.9 g
Salt	1.10 g
Reference intake of an average adult (8400 kJ/2000 kcal).	



## Method of preparation

Frying pan: 3-4 minutes. Turn every now and then.

## Types

Vegan

## Applications

Main course, Main course salad, Wrap

# Tofu Block

The Tofu block is an organic product, a truly basic product for the vegetarian kitchen. Tofu is neutral in taste and is suitable for vegans.

## Ingredients

Water, **soybeans 35%\***, vegan rennet (calcium sulphate).

\*Of biological origin.

## Nutrition value per 100g

Energy	422 kJ/101 kCal
Fat, of which	5.0 g
Saturates	1.0 g
Carbohydrate	2.0 g
Sugar	-
Fibre	4.1 g
Protein	10.0 g
Salt	0.04 g
Reference intake of an average adult (8400 kJ/2000 kcal).	



## Method of preparation

Frying pan or wok: Chop the Tofu Block into cubes. Heat butter and/or (olive) oil and fry the cubes for 3 minutes on moderate heat.

You can season the tofu with salt, spices, herbs, sambal, soy sauce or tomato puree.

## Types

Clean label, Organic, Vegan, Without tropical oils

# Spicy Tofu Strips

These spicy Tofu strips are made from soybeans and are therefore purely vegetarian. The Tofu strips are easy to prepare and combine readily with existing recipes.

## Ingredients

**Soybeans 48%\***, water, sun flower oil, vegan coagulant (E516), herbs and spices, salt, vegetables (onion, garlic), yeast extract, thickener (xanthan gum, guar gum), acid (citric acid).

\*Of biological origin.

## Nutrition value per 100g

Energy	1099 kJ / 262 kCal
Fat, of which	19 g
Saturates	2.8 g
Mono-unsaturated	5.9 g
Poly-unsaturated	10.3 g
Carbohydrate	1.0 g
Sugar	0.7 g
Fibre	4.4 g
Protein	20.2 g
Salt	1.0 g
Reference intake of an average adult (8400 kJ/2000 kcal).	



## Method of preparation

Frying pan: 3 min. on a low fire. Stir every now and then.

## Types

Clean label, Organic, Vegan, Without tropical oils

## Applications

Main course, Main course salad