

## VEGGOFIX MEATY MINCE

### **EN Plant based alternative to minced meat**

**Ingredients:** soy and wheat proteins, oat flour, wheat semolina, onion, garlic, maltodextrin, potato starch, smoked paprika, allspice, lovage, chili, thyme, cocoa, flavor enhancer: monosodium glutamate, salt, vitamin B12.

Contains soy and gluten. Produced in a facility that processes allergens such as peanuts, tree nuts, celery, mustard, sesame, lupine, sulfites, milk, egg, and fish. Store in a cool dry place.

**Nutritional values for 100g dry blend:** Energy 347Kcal/1465KJ, Fats 3.7g of which saturated fat 1.1g, Carbohydrates 29.4g of which sugars 3.8g, Fibers 9.8g, Protein 44.1g, Salt 1.7g, Potassium 1.0g, Vitamin B12 2.5µg

**Nutritional values for 100g serving\*:** Energy 234Kcal/978KJ, Fats 8.7g of which saturated fat 1.3g, Carbohydrates 14.7g of which sugars 1.9g, Fibers 4.9g, Protein 22.1g, Salt 0.8g, Potassium 0.5g, Vitamin B12 1.25µg

\*After preparation with water and sunflower oil

**Preparation:** Mix 200g of dry blend with 250ml (1 cup) of water. Let it hydrate over 3 minutes for a firmer mince. Pour 1-2 tbsp of oil in a frying pan or in the mixture (for baking). Make shapes like with minced meat. Fry for 6-12 min at medium heat or bake for 15-20 min at 200°C. Thin shapes cook faster. Stir fried mince is done in 5 min. Cook till golden brown for best results.

**Produced in EU for VEGGOFIX FOODS SRL.**

### **MT Alternattiva bbazata fuq il-pjanti għal-laħam ikkapuljat**

**Ingredjenti:** proteini tas-sojja u tal-qamħ, dqiġ tal-ħafur, smid tal-qamħ, basal, tewm, maltodextrin, lamtu tal-patata, paprika affumikat, allspice, lovage, chili, saġħtar, kawkaw, li jsaħħaħ it-togħma: monosodium glutamate, melħ, vitamina B12.

Fih sojja u glutina. Prodott f'faċilità li tipproċessa allergeni bħal karawett, ġewż tas-siġar, karfus, mustarda, ġuġġien, lupin, sulfiti, ħalib, bajd u ħut. Aħżen f'post frisk niexef.

**Valuri nutrizzjonali għal 100g taħlita niexfa:** Energija 347Kcal/1465KJ, Xaħmijiet 3.7g li minnhom xaħam saturat 1.1g, Karboidrati 29.4g li minnhom zokkor 3.8g, Fibri 9.8g, Proteina 44.1g, Melħ 1.7g, Potassju 1.0g, Vitamina B12 2.5µg

**Valuri nutrizzjonali għal 100g porzjon\*:** Energija 234Kcal/978KJ, Xaħmijiet 8.7g li minnhom xaħam saturat 1.3g, Karboidrati 14.7g li minnhom zokkor 1.9g, Fibri 4.9g, Proteina 22.1g, Melħ 0.8g, Potassju 0.5g, Vitamina B12 1.25µg

\*Wara preparazzjoni bl-ilma u żejt tal-ġirasol

**Preparazzjoni:** Ħallat 200g ta 'taħlita niexfa ma' 250ml (tazza 1) ta 'ilma. Ħalliha idrata fuq 3 minuti għal "kapuljat" aktar sod. Ferra 1-2 tbsp żejt fil-qali jew fit-taħlita (għall-ħami). Aġmel forom bħal laħam ikkapuljat. Aqli għal 6-12 min fuq sħana medja jew aħmi għal 15-20 min f'200°C. Forom irqaq issajjar aktar malajr. Ħawwad kapuljat moqli jsir f'5 min. Sajjar sa kannella dehbi għal-aħjar riżultati.

**Prodott fl-UE għal VEGGOFIX FOODS SRL.**