



TEXTURED VEGETABLE PROTEIN

Mince Style

INGREDIENTS

1 cup TVP

1 cup Water

METHOD

1. Soak TVP in Hot Water for 15 minutes.
2. Drain and rinse well with plenty of water (this reduces the possibility of flatulence).

When reconstituted, TVP is an ideal savoury base for use in burgers, casseroles, savoury fillings, patties, stews or sauces. For extra variation add chopped onion, parsley, vegetables or herbs as desired.

Ingredients: defatted Soya Flour, Salt, Hydrolysed Vegetable Protein, Vegetable flavouring and caramel flavouring

THIS IS ONLY A GUIDE.

PANTRYMAN