

Fillet

Discover the delicious taste and versatility of our Vegetarian Fillet! This meat substitute offers a delectable, sustainable and plant-based option. The perfect opportunity to appeal to the growing number of flexitarians and expand your offer.

Ingredients

Water, 14% vegetable protein (**soy**, **wheat**), vegetable oils (sunflower, rapeseed in varying proportions), starch (potato, **wheat**), free range **egg** white, natural flavouring (**egg**), vinegar, spices, preservative (potassium acetates), thickener (processed eucheama seaweed), acid (citric acid), iron, salt, vitamin B12.



Nutrition value

	100 gram	Per portion (80g)	RDI/GDA
Energy	804 kJ	643kJ	8
Energy	192 kcal	154kcal	8
Fat	9.8g	7.8g	11
of which saturates	1.2g	1.0g	5
Carbohydrates	9.4g	7.5g	3
of which sugars	0.4g	0.3g	
Fibres	1.3g	1.0g	
Proteins	16g	13g	26
Salt	1.3g	1.0g	17
iron	9.15mg	7.30mg	
vitamin B12	0.53mcg	0.40mcg	

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

* Recommended Daily Intake.

Method of preparation

Bake in oven : Oven: 16-18 minutes at 180°C. Turn once.

Fry in pan : Frying pan: 12-14 minutes on medium heat. Turn every now and then.

Airfryer : Airfryer: 5-7 minutes at 200°C.

Categories

[Plant-based Chicken](#), [Schnitzels](#), [Meal component](#), [BBQ - Barbecue](#)

Allergens

Free from

Milk, rye, fish, crustacean and shellfish, tree nuts, peanuts, sulphite, celery, sesame, lupine, mustard, molluscs, barley, oat, spelt, kamut, almond, hazelnuts, walnuts, cashewnut, pecan, Brazil nut, pistachio, macadamia nut

Contains

Egg, soy, gluten containing grain, wheat

Packaging options



Consumer packaging

Chilled



Consumer box

Frozen



Foodservice box

2.5/3 kg | Frozen



Industry box

10 kg | Frozen