

# ORGANIC "Bolognese"



## Ingredients

- Onions, fried
- Olive Oil
- Carrot slices
- Mushrooms
- Celery, thin slices
- Beetroot
- Apple cider or wine vinegar
- Salt
- Capers
- Cold water
- Tomato passata
- Spices (Oregano, pepper, paprika and nutmeg)
- **9% Organic Plant Textured Protein**



ORGANIC  
Bolognese

## Directions

- Fry onions in olive oil until translucent.
- Add all remaining ingredients,, bring to a boil and simmer for 15 minutes.
- Cool in trays. Keep it in the fridge or frozen.

# ORGANIC “noChicken”



## Ingredients

- 75g **Organic Textured Plant Protein MINCE\***
- 10g Spices of choice
- 10g **Organic Lemon Juice\***
- 150g Water
- 70g **Organic Avocado Oil\***

*\*Tradin Organic Ingredients*



ORGANIC  
“noChicken”

## Directions

- Mix marinade and **Organic Textured Plant Protein MINCE together**
- When hydrated, fry until the marinade starts to caramelize lightly
- Serve hot or cold.

# ORGANIC "noBacon"



## Ingredients

- 85g **Organic Textured Plant Protein MINCE\***
- 12g "noBacon" spice
- 150g Water
- 90g **Organic RBD Coconut Oil\***

*\*Tradin Organic Ingredients*



# ORGANIC "noBacon"

## Directions

- Mix all ingredients in a frying pan
- Heat and stir, frying until crispy 7-9 min
- Serve hot or cold



# ORGANIC Orange Pepper "noBeef"



## Ingredients

- 75g **Organic Textured Plant Protein SLICES\***
- 35g **Organic Coconut Aminos\***
- 2g Organic Black pepper
- 3.33g Organic Orange zest
- 15g **Organic Juice\***
- 15 **Organic Lemon Juice}**
- 3g Sea salt
- 75g Water
- 50g **Organic Avocado Oil\***

*\*Tradin Organic Ingredients*



## Directions

- Mix marinade and Organic Textured Plant Protein Slices together.
- When hydrated, fry until the marinade starts to caramelize lightly.
- Serve hot or cold.

ORGANIC  
Orange  
Pepper  
"noBeef"