

23785 | Fable | 1kg

## FABLE PLANT BASED MEATY PULLED MUSHROOM

A delicious and succulent culinary protein made from shiitake mushrooms. Crafted using simple and natural ingredients you'd recognise. Strictly free from GMO, preservatives and artificial ingredients. It's real food, real mushrooms – but better. Use it in all the same ways as braised beef, pulled pork and in some new ways too!

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### Description

Legal Product Name	Plant Based Meaty Pulled Mushrooms
Unique Marketing Statement	A delicious and succulent culinary protein made from shiitake mushrooms. Crafted using simple and natural ingredients you'd recognise. Strictly free from GMO, preservatives and artificial ingredients. It's real food, real mushrooms – but better. Use it in all the same ways as braised beef, pulled pork and in some new ways too!
Brand Name	Fable

### Ingredients

Ingredients	Mushroom (45%) (naturally occurring SULPHITES), Water, Coconut Oil, SOY Protein Isolate (non GMO), Canola Oil (non GMO), Tapioca Flour, Gluten Free SOY Sauce (non GMO), Salt, Yeast Extract, White Pepper, Mushroom Powder, Black Pepper
Is the product made from at least 65% British ingredients?	No
Contains GM Ingredients	No

### Nutrition

Servings per Consumer Unit (Inner)	8
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Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	1176 kJ
Energy (Kilocalories)	280 kcal
Fat, Total	17.7 g
Saturated	9.7 g
Carbohydrate	18.7 g
Sugars	0 g
Dietary Fibre, Total	14.8 g
Protein, Total	11.4 g
Salt	1 g
Sodium	400 mg

### Allergens

Cereals containing Gluten (and products thereof)	May Contain
Wheat	May Contain
Rye	Does NOT Contain
Barley	Does NOT Contain
Oats	Does NOT Contain
Crustaceans (and products thereof)	Does NOT Contain
Egg and Egg Products	Does NOT Contain
Fish and Fish Products	Does NOT Contain
Peanut and Peanut Products	Does NOT Contain
Soybean and Soybean Products	Contains
Milk and Milk Products	Does NOT Contain
Tree Nuts (and products thereof)	Does NOT Contain
Almonds	Does NOT Contain
Hazelnuts	Does NOT Contain
Walnuts	Does NOT Contain
Cashews	Does NOT Contain
Pecan nuts	Does NOT Contain
Brazil nuts	Does NOT Contain
Pistachio nuts	Does NOT Contain
Macadamia or Queensland nuts	Does NOT Contain
Celery / Celeriac (and products thereof)	Does NOT Contain
Mustard (and products thereof)	Does NOT Contain
Sesame Seeds and Sesame Seed Products	Does NOT Contain
Sulphur Dioxide and Sulphites (>10mg/kg)	Contains
Lupin (and products thereof)	Does NOT Contain
Molluscs (and products thereof)	Does NOT Contain

## Dietary Information

Halal Certified	Yes
Kosher Certified	No
Suitable for Vegan	Yes
Suitable for Vegetarian	Yes

Organic Certificate	No Organic certificate
Can any Ethical or Fairly traded claims be made?	SEDEX registered
Can any other sustainability claims be made for this product?	Carbon neutral company (Pathzero)
Does any other assurance scheme apply to this product?	No assurance scheme

## Preparation Suggestions

Oven	Preheat oven to 230°C. Spread Fable on a tray and cook for 6 minutes (for dry recipes) or 9 minutes (for sauced recipes). Once cooked, add spice or sauce and toss through. Serve immediately or place in bain-marie for up to 4 hours. Alternatively, store chilled/frozen and re-heat to order.
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## Packaging

Do you have any packaging environmental claims?

Recyclable