

Soy Beans

Dry Roasted



HIGH
IN
PROTEIN



GLUTEN
FREE



CHOLESTEROL
FREE

Oja!

FARMS

Dry Roasted Soy Beans are an excellent source of protein, fiber and minerals.

The roasted soy beans can be used in stews & soups. The fine or coarse milled roasted soy beans can be used as a smoothies and gravies, as a meat extender, breakfast cereal, energy bar, spread and a wide variety of foodstuffs to enrich it with a tasty protein source.

The OJA Farm full fat, pre-cleaned, Dry Roasted Soy Beans are heat treated to change the anti-trypsin and the lipoxigenase enzymes in the soybeans to produce an excellent nutty tasting product with no beany or grassy aftertaste.

COOKING INSTRUCTIONS:

Soak Oja Dry Roasted Soya beans in boiling water for 20 minutes. Add extra boiling water and cook for 30 minutes. Use this method to prepare Oja Dry Roasted Soy beans for all recipes.



**STORE IN A COOL DRY PLACE.
ONCE OPENED, STORE IN AN
AIRTIGHT CONTAINER.**



Product of South Africa

TYPICAL NUTRITIONAL INFORMATION

Serving size: 100 g

	PER 100 g
Energy	1 600 kJ
Protein	36 g
Carbohydrate	29 g
of which Total Sugar	5,0 g
Total Fat	21,0 g
of which Saturated Fat	3,0 g
of which Trans Fat	0,0 g
of which Monounsaturated Fat	4,8 g
of which Polyunsaturated Fat	12,2 g
Cholesterol	0 g
Dietary Fibre**	17,8 g
Total Sodium	10,0 mg

*%Nutrient Reference Values (NRVs) for individuals 4 years and older (2010)
**AOAC 985.29 method of analysis

INGREDIENTS: Roasted Soya Beans

ALLERGENS: Soya Beans

Available in 500 g & 1 kg:

SIZE	BARCODE
500 g	0700083916952
1 kg	0700083916969

Beef Masala Curry

5 servings

INGREDIENTS:

1 kg Stewing beef, cut into cubes
100 g Onion, diced
2 g Garlic, crushed
3 g Tomato paste
1 Tinned tomatoes
4 g Coriander, chopped
2 g Turmeric, ground
4 g Garam masala
1 g Cumin, ground
1 g Coriander, ground
3 g Brown sugar
160 g Oja! Dry Roasted Soya Beans
1 L Beef stock
Salt and pepper to taste
Olive oil for frying

METHOD:

1. Soak the Oja! Dry Roasted Soya Beans in boiling water for 20 minutes, drain the excess water and set aside.
2. Heat oil in a large pot and add the onions and garlic, frying until translucent.
3. Add the beef and cook until browned.
4. Add the tomato paste and spices and lower the heat, frying until aromatic and all the meat is coated in spice.
5. Pour the beef stock, tinned tomatoes and soaked Oja! Dry Roasted Soya Beans into the pot and bring the pot up to a gentle simmer.
6. Simmer for 1 hour, or until the Oja! Dry Roasted Soya Beans are tender to the bite.
7. Season with salt and pepper and serve.

