



LOOKS LIKE MEAT,  
**COOKS**  
LIKE MEAT

**100% | NOT**®

PLANT BASED PROTEIN

100% NOT is a delicious plant-based meat alternative  
that delivers superior taste and texture.

[onehundredpercentnot.com](http://onehundredpercentnot.com)

# 100% NOT CHICKEN

PLANT BASED PROTEIN



- Pan Fry
- Medium Heat
- 6 mins from Frozen

**Simplot Code:** 12693

**Packaging:** Plant Protein Chicken Style Strips 3 x 1kg

**Preparation:** Pan fry frozen 100% NOT Chicken in oil over medium heat for 5-6 minutes (3-4 minutes if thawed). Add seasoning as desired. Serve in any application as a replacement for sliced chicken.

**Ingredients:** Water, soy protein concentrate (contains soy), sunflower oil, salt, flavour, spices.  
Contains soy.



**Recipe suggestion:**  
100% NOT-Chicken Banh Mi



Vegetarian



Vegan



Good Source of Protein



No Preservative



Gluten Free



Soy & Water

# 100% NOT BEEF

PLANT BASED PROTEIN



- Pan Fry
- Medium Heat
- 6 mins from Frozen

**Simplot Code:** 12694

**Packaging:** Plant Protein Beef Style Strips 3 x 1kg

**Preparation:** Pan fry frozen 100% NOT Beef in oil over medium heat for 5-6 minutes (3-4 minutes if thawed). Add seasoning as desired. Serve in any application as a replacement for sliced beef.

**Ingredients:** Water, soy protein concentrate (contains soy), sunflower oil, salt, flavour, spices.  
Contains soy.



**Recipe suggestion:**  
100% NOT Thai Beef Salad



Vegetarian



Vegan



Good Source of Protein



No Preservative



Gluten Free



Soy & Water

# 100% NOT BURGERS

PLANT BASED PROTEIN



- Pan Fry
- Medium Heat
- 12 mins from Frozen

**Simplot Code:** 12686

**Packaging:** Plant Protein Burgers 24 x 125g

**Preparation:**

**Pan Fry/Flat Top Grill:** Lightly oil frozen 100% NOT Burgers and cook over medium heat for 12 minutes (6-8 minutes if thawed), turning frequently. Add seasoning as desired. Serve in any application as a replacement for beef burgers.

**Ingredients:** Water, soy protein (14%), coconut oil, canola oil, rice flour, plant fibre (pea, cellulose), yeast extract, emulsifier (methylcellulose), salt, sugar, dehydrated vegetables (beetroot, onion, garlic), black pepper, natural flavours.

Contains soy.



**Recipe suggestion:**  
Deluxe 100% NOT Burger



Vegetarian



Vegan



Good Source of Protein



No Preservative

# 100% NOT SCHNITZELS

PLANT BASED PROTEIN



- Oven Bake 12-15 min
- Deep Fry 3.5 min from frozen

**Simplot Code:** 12687

**Packaging:** Plant Protein Schnitzels 24 x 150g

**Preparation:**

• **Deep Fry:** Preheat oil to 180°C. Deep fry frozen 100% NOT Schnitzels for 3-3.5 minutes (2-2.5 minutes if thawed).

• **Commercial Fan Forced Oven:** Set commercial fan-forced oven to 200°C, dry heat. Place frozen 100% NOT Schnitzels on a baking paper lined tray and cook for 12-15 minutes (10 minutes if thawed).

**Ingredients:** Meat free portion (60%)[water, soy protein (16%) (contains emulsifier soy lecithin), coconut oil, rice flour, plant fibre (cellulose, pea), thickener (461), yeast extract, salt, dehydrated vegetables (onion, garlic), sugar, pepper, natural flavouring], coating (40%)[water, wheat flour, vegetable oils (canola, olive), wheat semolina, wheat gluten, salt, yeast, sugar, thickener (guar gum), dehydrated vegetables (garlic, celery), rice bran oil, hydrolysed vegetable protein (contains wheat), herbs, spice].

Contains soy and wheat.



**Recipe suggestion:**  
100% NOT Chicken Parma



Vegetarian



Vegan



Good Source of Protein




No Preservative

# 100% NOT<sup>®</sup> MeatBALLS

PLANT BASED PROTEIN



 Oven Bake  
10 min

 Pan Fry for  
15 mins

**Simplot Code:** 12970

**Packaging:** 3 x 1kg

**Preparation:**

- **Pan Fry:** Pan fry 500g frozen 100% NOT Meatballs in 1 tablespoon oil on medium heat for 15 minutes (10 minutes if thawed), tossing regularly.
- **Convection Oven:** Preheat commercial fan-forced oven to 200°C. Place 1kg frozen 100% NOT Meatballs on a baking paper lined tray. Cook for 8-10 minutes (6 minutes if thawed), turning halfway.

**Ingredients:** Water, plant based proteins (27%) [wheat, soy, pea, colours (caramel III, caramel IV)], canola oil, thickeners (461, guar gum, xanthan gum), maize starch, yeast extracts, flavour, yeast, maltodextrin (maize), salt, herbs, vegetables (garlic, onion), vegetable fibres, sugar, hydrolysed vegetable protein (maize), smoke flavour, food acid (tartaric), turmeric extract, mineral (zinc), vitamin (B12).

Contains soy and wheat.



**Recipe suggestion:**  
100% NOT Meatballs  
Satay Noodle Bowl



Low in saturated fat



Source of zinc, iron and B12



Vegetarian



Vegan



Good Source of Protein





No Preservative

# 100% NOT<sup>®</sup> Mince

PLANT BASED PROTEIN



 Pan Fry

 10 mins  
from Frozen

**Simplot Code:** 12969

**Packaging:** 3 x 1kg

**Preparation:** Pan fry 500g frozen 100% NOT Mince in 1 tablespoon oil on medium heat for 10 minutes (5 minutes if thawed), stirring regularly.

**Ingredients:** Water, plant based protein (25%) (soy), canola oil, flavour, yeast extracts, maltodextrin (maize), salt, sugar, hydrolysed vegetable protein (maize), yeast, vegetables (onion, garlic), smoke flavour, food acid (tartaric), pepper, mineral (zinc), vitamin (B12).

Contains soy.



**Recipe suggestion:**  
100% NOT Bolognese



Low in saturated fat



Source of zinc, iron and B12



Vegetarian



Vegan



Good Source of Protein



No Preservative

