



**SWAP**<sup>TM</sup>  
FILET

## A new kind of filet

Discover a filet made from plants. Tender and juicy, just like a chicken filet.

20g of protein • Only 7 ingredients • Made in France • Nutri-Score A



# Why **SWAP**<sup>™</sup> FILET ?



**A delicious, juicy taste and texture.**

Incredible filets, thick and textured, that provide the taste experience of meat, but are 100% plant-based.

**A "Clean Label" filet made from plant-based protein.**

- 20g of protein & 7 ingredients
- No artificial flavorings or colorings
- No controversial additives
- No methylcellulose
- No texturizers
- No added gluten



**Replace chicken in all your recipes.**

**No changes to the menu - just swap out your current protein!**

- Versatile: bread it, slice it, cube it, serve it warm or cold.
- Cooks uniformly and easy to prepare.
- Simplifies kitchen operations: reduces food safety risks.





### Defrost

- Place in fridge 24 hours to defrost.



### Pan-fry

- Heat 1-2 tbsp of oil (preferably sunflower oil) in a pan over medium high heat.
- Season SWAP filet, cook 4 minutes each side until golden brown.



### Air Fryer

- Season the SWAP filet with your favorite spices.
- Place the SWAP filet in the Air Fryer basket.
- Cooking with defrosting: 5-6 minutes or until golden brown.
- Cooking without defrosting: 8-10 minutes or until golden brown.



### Oven\*

- Preheat the oven to 180°C (350°F) and season the SWAP filet with spices and oil.
- Place the SWAP filet on a baking sheet and bake in the oven for 12-14 minutes or until golden brown.

\*For a detailed cooking guide for the Rational oven, please reach out to your SWAP sales contact.



### Breaded

- Dip SWAP filet in the mixture of your choice (eg flour, egg, breadcrumbs).
- Preheat 1-2 tbsp cooking oil in a deep fryer at 375°F then fry filet 4 minutes on each side.



### Barbecue

- Preheat the BBQ/grill. Season the defrosted SWAP filet with spices, herbs, or marinades, and brush it with fat (butter or oil).
- Place the SWAP filet on the grill and cook for 3 to 4 minutes on each side, until nicely marked.



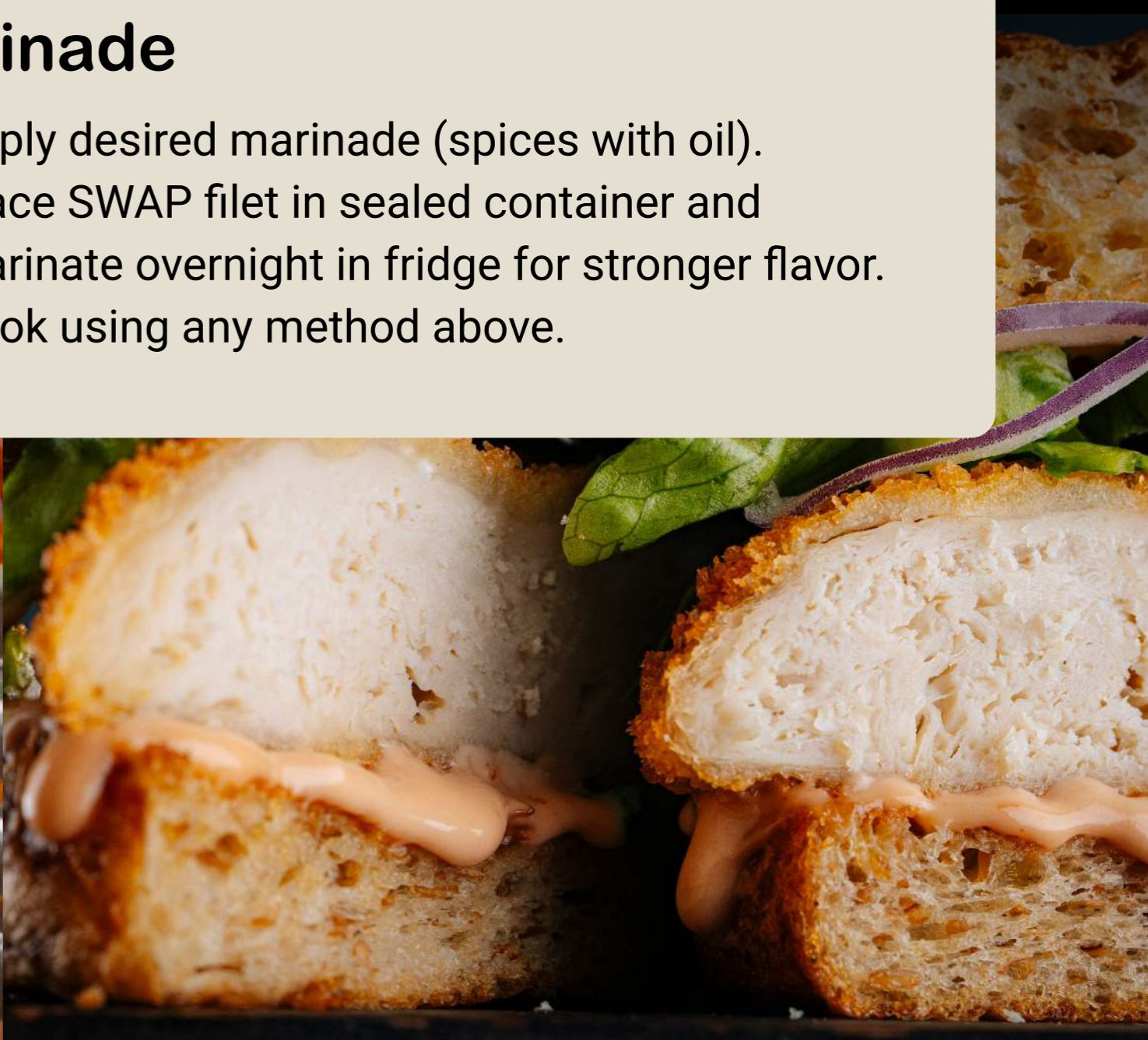
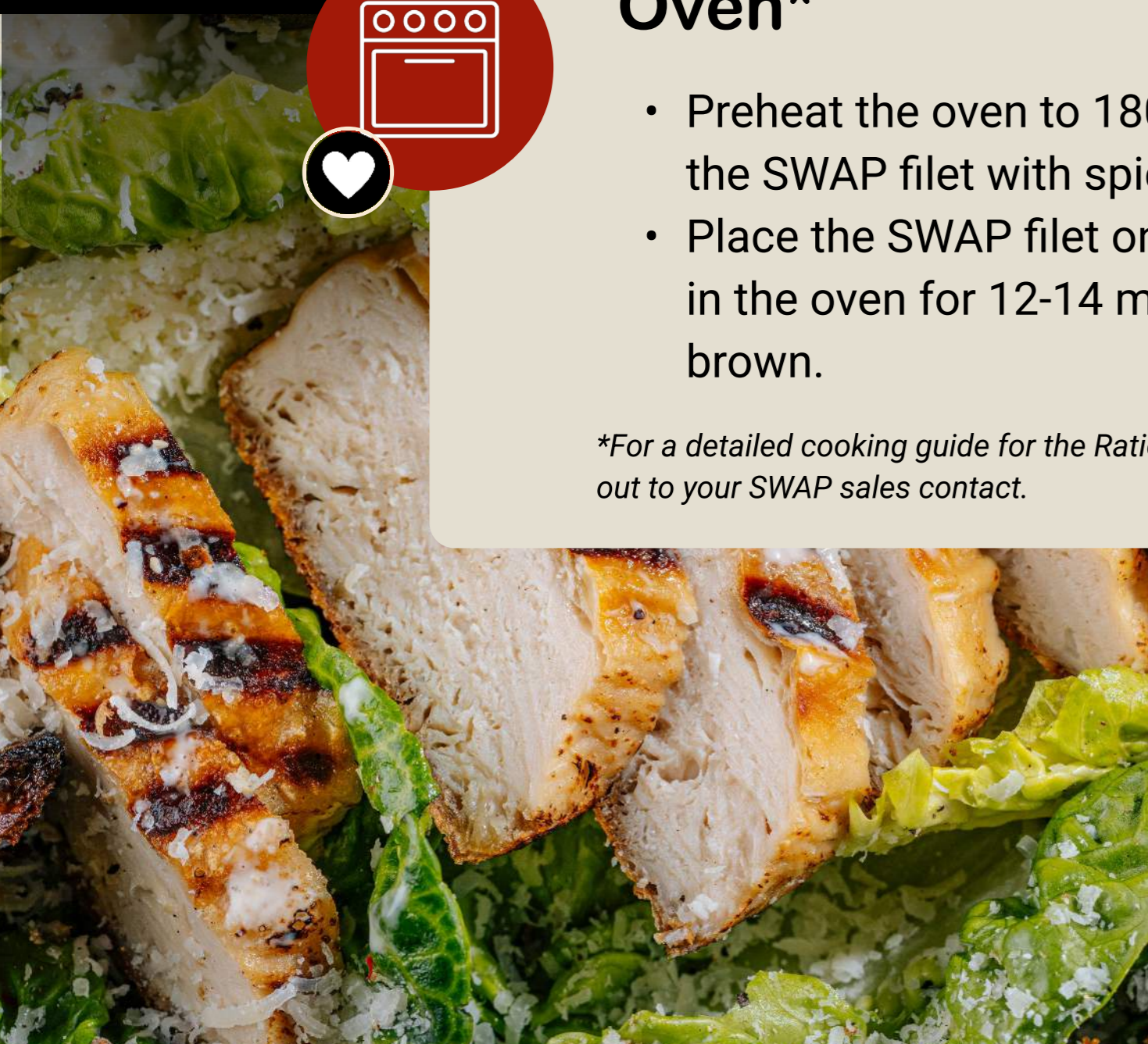
### Merry chef

- Season SWAP filet with your favorite spices.
- Place the filet on a baking tray and cook it in the MerryChef for 1m45s at 480°F, with 100% fan speed and 30% microwave power.



### Marinade

- Apply desired marinade (spices with oil).
- Place SWAP filet in sealed container and marinate overnight in fridge for stronger flavor.
- Cook using any method above.





# The first true chicken replacement!

SWAP's meaty texture closely mimics the meat-eating experience.

Ingredients	
Water	Soy protein
Sunflower oil	Natural flavors
Pea protein flour	Acidity Regulator: Citric acid
Salt	

Storage and shelf life conditions
<p><b>*Pasteurized to ensure food safety*</b></p> <p><b>Before defrosting</b></p> <p>The products are sold frozen and must be stored at -18°C in their original, intact packaging. They have a total shelf life of 12 months.</p> <p><b>After defrosting</b></p> <p>After defrosting, the products cannot be refrozen. Store them in the refrigerator, in their original packaging (opened or unopened), for up to 7 days at 4°C, and up to 30* days in modified atmosphere (MAP).</p> <p><i>(*) to be validated by the customer.</i></p>

Nutrition Facts		Nutriscore
For 100g		
Energy	698kJ / 167kcal	A
Fat of which saturates	8,1g 0,8g	
Carbohydrate of which sugars	1,2g 0g	
Fiber	0,7g	
Protein	22g	
Salt	0,78g	

Case Specifications			
Country	EUROPE	EUROPE	EUROPE
Units / Bag	20	20	20
Weight / Bag	1.8 kg	1.8 kg	1.8 kg
Bags / Box	2	4	5
Weight / Box	3.6 kg	7.2 kg	9 kg
Dimensions	395 x 295 x 114mm	392 x 292 x 291 mm	392 x 292 x 291 mm

## Contact us:



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