

PEPPUP[®]

MEDITERRANEAN
COOKING • SAUCE



PEPPUP your MENU



NEW HEALTHY & DELICIOUS ALTERNATIVE

- ✓ All Natural
- ✓ No Added Sugar
- ✓ No Water/Thickener
- ✓ Fat Free
- ✓ No Allergens



Suitable for Vegans & Vegetarians



Extremely versatile
Stir through/Cook
Ambient storage
Long shelf life
BRC accreditation
Affordable Quality

Join the Mediterranean lifestyle with more flavour and less calories

www.ScobiesDirect.com

Our NEW Mediterranean cooking sauces with the finest flamed roasted red peppers come in 3kg pouches. There are 4 varieties Original, Basil, Jalapeno and Smoky.

Chicken Breast in Roasted Pepper Sauce



- Chicken breast 395g
- PEPPUP Roasted Pepper Sauce 160g

Place the chicken breast in an aluminium tray and cover with the sauce.

To cook, place in a hot oven, 180°C, for 20-25 minutes until fully cooked with a core temperature of 75°C or above.

Serve with rice and side salad.



CALORIES:

12.9% Carbs

78.3% Protein

8.8% Fat



[Peppup Med Cooking Sauce](#)
[Original 3KG](#)
[Product Code: PEPP-ORIGINAL3](#)

	PER 100G	%RI
Energy(Kj)	386 kJ	5%
Energy(Kcal)	91 kcal	5%
Fat	0.9 ^g	1%
<i>of which saturates</i>	0.2 ^g	1%
Carbohydrate	3.1 ^g	1%
<i>of which sugars</i>	2.8 ^g	3%
Fibre	0 ^g	0%
Protein	17 ^g	34%
Salt	0.5 ^g	8%

Original

Meatballs with Smoky Roasted Pepper Sauce



Meatballs with Smoky Roasted Pepper Sauce Beef

- Meatballs (extra lean) 300g
- Peppup Smoky Roasted Pepper Sauce 160g

Place the meatballs together in an ovenable tray and cover with sauce.

To cook, place in a hot oven at 180c for 20 mins until fully cooked with a core temperature of 75c or above

Serve with spaghetti.



CALORIES:

14.1% Carbs

59.9% Protein

26% Fat



[Peppup Med Cooking Sauce Smoky 3KG](#)
Product Code: PEPP-SMOKY3

	PER 100G	%RI
Energy(Kj)	424 kJ	5%
Energy(Kcal)	101 kcal	5%
Fat	2.8 g	4%
<i>of which saturates</i>	1.4 g	7%
Carbohydrate	3.8 g	1%
<i>of which sugars</i>	3.3 g	4%
Fibre	0.6 g	2%
Protein	15 g	30%
Salt	0.63 g	11%

Smoky

Pork Belly in Roasted Pepper and Jalapeno Sauce



Pork Belly in Roasted Pepper and Jalapeno Sauce

- Pork Belly 300g
- Peppup Roasted Pepper and Jalapeno Sauce 160g

Place the pork belly in an ovenable tray and cover with sauce.

To cook, place in a hot oven at 180c for 20-25 mins until fully cooked with a core temperature of 75c or above

Serve with sweet potato wedges, slaw and salad.



CALORIES:

7.5% Carbs

27.9% Protein

64.6% Fat



[Peppup Med Cooking Sauce
Jalapeno 3KG](#)
Product Code: PEPP-JALAPENO3

	PER 100G	%RI
Energy(Kj)	780 kJ	9%
Energy(Kcal)	187 kcal	9%
Fat	13 ^g	19%
<i>of which saturates</i>	4.8 ^g	24%
Carbohydrate	3.8 ^g	1%
<i>of which sugars</i>	3.3 ^g	4%
Fibre	0.6 ^g	2%
Protein	13 ^g	26%
Salt	0.59 ^g	10%

Jalapeno

Turkey Escalopes with Roasted Pepper and Basil Sauce



CALORIES:
16.3% Carbs
77.1% Protein
6.6% Fat



[Peppup Med Cooking Sauce Basil 3KG](#)
 Product Code: PEPP-BASIL3

- Lean Turkey 300g
- Peppup Roasted Pepper and Basil Sauce 160g

Place the turkey escalope(s) in an ovenable tray and cover with sauce.

To cook, place in a hot oven at 180c for 20 mins until fully cooked with a core temperature of 75c or above

Serve with baby leaf salad, avocado, baby plum tomatoes and pomegranate seeds.

	PER 100G	%RI
Energy(Kj)	370^{kj}	4%
Energy(Kcal)	87^{kcal}	4%
Fat	0.6^g	1%
<i>of which saturates</i>	0.2^g	1%
Carbohydrate	3.8^g	1%
<i>of which sugars</i>	3.3^g	4%
Fibre	0.6^g	2%
Protein	16^g	32%
Salt	0.56^g	9%

Basil