

CUTTING EDGE
SOLUTIONS

Sysco



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Plant Based Protein

Pulled Oats™

SYSCO
SIMPLY™
Plant Based

Contact your Sysco Marketing Associate for product details and availability.



With the simplest ingredient line in the plant based category, **Sysco Simply Plant Based Protein (Pulled Oats™)** is made of a flavorful superfood blend of oats, beans, and peas that has a “pulled” texture. Suitable for any customer from vegans to meat lovers, this product will satisfy diners looking for natural, clean label products that taste great, too! Beyond being an efficient meat replacement in any dish, this 100% animal-free product is extremely versatile across the menu. It also comes pre-cooked to save your operation valuable time in back-of-house.

Features and Benefits

- Market to your customers that you offer a 100% plant based, clean label product that is soy free and contains no additives
- Sustainable product; requires less water and creates fewer emissions to produce than beef, pork, or chicken
- Meets increased demand for plant based menu items
- Labor-saving product; comes pre-cooked and ready-to-prepare
- Extremely versatile, allows operators to create unique plant based dishes that can span the menu in any daypart
- 78.4% of the top foodie influencers mentioned vegan menus, which is a 309% increase year over year¹
- 70% of the world population reportedly is either reducing meat consumption or leaving meat off the table altogether²

Sources:

- 1 Foodable Labs
2 GlobalData

Ingredients

WATER, OAT (OAT BRAN, WHOLE GRAIN OAT FLOUR, OAT PROTEIN), PEA PROTEIN, FAVA BEAN PROTEIN, CANOLA OIL, IODIZED SALT

Menu Ideas

- **Szechuan-Style Plant Based Stir-Fry:** Stir-fried plant based protein blend of oats, beans, and peas in a Szechuan sauce with scallions, celery, chili peppers, and carrots served with steamed Asian-style noodles and chili black bean sauce*
- **Creamy Vegan Pomodoro Rigatoni:** Rigatoni pasta in a creamy vegan pomodoro sauce with a plant based protein blend of oats, beans, and peas, and sautéed zucchini, cherry tomatoes, and escarole*
- **Vegetarian Barbacoa Quesadilla:** Flour tortilla filled with plant based barbacoa, sliced jalapeño peppers, and Oaxaca cheese griddled until golden brown and served with pico de Gallo, diced avocado, and Mexican crema*
- **Vegan Thai Massaman Curry:** Thai massaman curry with a blend of plant based protein, sweet potatoes, russet potatoes, green beans, carrots, and bell peppers garnished with fresh cilantro, chopped roasted peanuts, and lime wedges served with steamed jasmine rice*

**pictured*

Preparation & Handling

- **Storage:** Store in a freezer 0°F or below. Defrost in refrigerator, do not refreeze. Store in refrigerator after defrosting (35–40°F), use within 3 days.
- **Cooking:** Plant based protein is best fried or oven-baked for a slightly crispy texture. Mix product with oil and a generous amount of spices. Roast in an oven tray at 340°F for 7 minutes or fry on medium heat for 5-6 minutes. Add to dish.

SUPC	Pack/Size	Brand	Description
7103439	5/2 LB	SYSMPLY	PLANTBASED PROTEIN



Quality is more than a promise. It's assured. You can always rely on Sysco to deliver consistent quality with every order. That's because we have more than 100 QA professionals committed to maintaining the most stringent standards in terms of food quality, consistency and food safety. That's by far the largest and most active QA department in the industry.

Sysco's Cutting Edge Solutions provides new and innovative products to help you refresh your menu, drive repeat business and streamline back-of-house operations. **Contact your local Sysco Marketing Associate or visit foodie.sysco.com for more details.** Proudly distributed exclusively by Sysco. Sysco Corporation, Houston TX 77077-2099 • sysco.com • 01/2020