

## Soulful Onepots: Pots Full Of Soul

Monday 2 September, 2013

Delicious and nutritious meals-on-the-go, lovingly prepared by hand using simple, honest ingredients. That's the Soulful Onepot promise - and it's one (refreshingly!) that you can totally trust.

Soulful Onepots are the antithesis of modern, processed, 'fast' food - you can't rush perfection! The super-fresh, carefully sourced ingredients - the meat from farmers that Soulful know and trust, the vegetables delivered daily from Covent Garden market - are expertly combined by hand to finely tuned recipes in the Soulful kitchen and gently slow-cooked, with no artificial preservatives, naturally, but with a great dollop of passion.

Choose from the satisfyingly spicy British Pulled Beef Chilli, using shredded beef from pure-bred Hereford cattle raised on the green pastures of the Dorset Downs and the nutty delight that is the superfood black barley, or British Pulled Pork Stew which delivers a wonderfully warm kick courtesy of British chorizo. Or how about Moroccan Chicken Tagine made with organic British spelt, a supergrain with extra nutty niceness, and happy chickens from Devon, or Soulful's special take on Thai Green Chicken Curry, with its unusual textural addition of healthy kelp noodles. Completing the Fantastic Five is the award-winning veggie Butternut, Lentil & Spinach hotpot which has been delighting festival goers for years. So whatever mood you're in, there's a Onepot with your name on it!

The Soulful Food Company has been travelling up and down the country keeping busy, hungry people happy with their wonderfully tasty and wholesome street food since 1999. Specialising in hearty, satisfying stews cooked by hand, using ancient unprocessed ingredients (such as black barley, spelt and kelp noodles), free-range 100% British meats and an extra helping of TLC, this is the ultimate in comfort food for people on the go. And now they are spreading the soulful word further in their mission to make it easier for people to eat well on the move, bundling up their good-mood food into handy grab-and-go tubs for everyone to experience!

Quite simply, Soulful Onepots are delicious, honest food cooked in one pot as man has done since year dot - and if it's true that what's good for the body is good for the soul, these magic pots really are a daily dose of healthy heaven in today's busy, hurried lives.

Available for £3.49 (350g), Ocado.com

[www.soulfulfood.com](http://www.soulfulfood.com)

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