



# CULINARY GUIDELINES

Thanks for joining the movement! This quick guide shares some useful handling tips and cooking ideas for TiNDLE. So let's begin.

<b>THAWING</b> <ul style="list-style-type: none"> <li>Defrost TiNDLE overnight in your refrigerator.</li> <li>Speed Defrost – place TiNDLE in a sealed plastic bag and place into a sink of cold water for 45 minutes to 1 hour.</li> </ul>	<b>HANDLING</b> <ul style="list-style-type: none"> <li>TiNDLE forms easily into any shape you want.</li> <li>What's more, when cooking, it has 50% less product loss than animal chicken.</li> </ul>
<b>SHELF LIFE AND STORAGE</b> <ul style="list-style-type: none"> <li>Always keep TiNDLE frozen.</li> <li>Frozen, TiNDLE has a shelf life of 18 months from the date of production.</li> <li>Once it's thawed, use TiNDLE within 4 days. Remember, do not refreeze after thawing.</li> </ul>	<b>FOOD SAFETY</b> <ul style="list-style-type: none"> <li>TiNDLE is fully cooked when it reaches an internal temperature of 75°C (165°F).</li> <li>Treat TiNDLE as you would any other animal protein and follow all food safety guidelines and practices.</li> </ul>

## RIDICULOUSLY VERSATILE

TiNDLE is so versatile, the only limit is your imagination (which we're pretty sure is boundless). Have a look at some of our favourites below.

<b>DEEP FRYING</b> <ol style="list-style-type: none"> <li>Shape 100–120g (3½–4¼ oz) of TiNDLE.</li> <li>Cover it with your favourite coating.</li> <li>Deep fry TiNDLE at 180°C (350°F) for 4 minutes until it is crispy and golden.</li> </ol>	<b>PAN FRYING</b> <ol style="list-style-type: none"> <li>Sear TiNDLE with oil in a hot pan.</li> <li>After 1 minute, flip TiNDLE and leave it for another minute.</li> <li>Baste for another 3 minutes.</li> </ol>
<b>GRILLING</b> <ol style="list-style-type: none"> <li>Brush TiNDLE with some oil and your favourite marinade.</li> <li>Press TiNDLE lightly on the grill surface.</li> <li>Leave it there for 90 seconds. Then turn it over and do the same to the other side for another 90 seconds.</li> </ol>	<b>IN SAUCES AND STEWS</b> <ol style="list-style-type: none"> <li>Sear the marinated TiNDLE in a well-oiled pan until it develops a golden brown colour.</li> <li>Add the sauce of your choice and continue to simmer for another 2 minutes.</li> <li>Alternatively, you can choose to add TiNDLE once the sauce is boiling, and continue to cook till it reaches 75°C (165°F).</li> </ol>

## PREFER TO WATCH IT?

**HERE YOU GO** →

**INGREDIENTS:** Water, Texturised Protein (Soy, Wheat Gluten, Wheat Starch), Lipi™ (Sunflower Oil, Natural Flavouring), Coconut Oil, Methylcellulose, Oat Fibre

**Contains:** Soy, Gluten

Need more assistance? We're an email away. Just ping us at [partners@tindle.com](mailto:partners@tindle.com) or visit [www.tindle.com/resources](http://www.tindle.com/resources) for more information.

Nutrition Facts	
Serving size	(100g)
Amount per serving	
<b>Calories</b>	<b>120</b>
% Daily Value*	
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 1.88g	<b>9%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 180mg	<b>8%</b>
<b>Total Carbohydrate</b> 9g	<b>3%</b>
Dietary Fiber 8g	<b>29%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 17g	<b>34%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.