



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

## CULINARY GUIDELINES

<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 165°F (75°C).</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 favorites below.

<b>DEEP FRYING</b> <ol style="list-style-type: none"> <li>Shape 2.5oz (71g) piece of TiNDLE.</li> <li>Cover it with your favorite coating.</li> <li>Deep fry TiNDLE at 350°F (180°C) 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 favorite 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 color.</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 until it reaches 165°F (75°C).</li> </ol>

## PREFER TO WATCH IT?

HERE YOU GO →

**INGREDIENTS:** Water, Texturized Protein (Soy, Wheat Gluten, Wheat Starch), Lipi™ (Sunflower Oil, Natural Flavoring), Coconut Oil, Methylcellulose, Oat Fiber

**Contains:** SOY, GLUTEN

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

Nutrition Facts	
64 servings per container	
Serving size	1 piece (71g)
Amount Per Serving	<b>90</b>
	% Daily Value*
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 110mg	<b>5%</b>
<b>Total Carbohydrate</b> 7g	<b>3%</b>
Dietary Fiber 3g	11%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein</b> 11g	<b>34%</b>
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1.6mg	8%
Potassium 180mg	4%

\*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.