



TINDLE™ RIDICULOUSLY GOOD

STARTER RECIPES

EGG & CHEESE BREAKFAST SANDWICH

by Chef Rocco

Makes Six Sandwiches

TINDLE

6 TINDLE patties, 1½ ounce each

DRY DREDGE

2 cups potato starch

BREADING

3 cups panko bread crumbs

EGG

4 tablespoons Just Egg®

1 tablespoon vegan cheddar, shredded

"EGG" WASH

3 cups Just Egg

1 cup water

SoCal GRIBICHE

1 cup vegan mayo

1/2 cup chipotle peppers, in adobo sauce

2 tablespoons fresh lemon juice

1 tablespoon finely diced cornichon

2 teaspoons capers, finely diced

1 teaspoon flat parsley, chopped

6 slider buns

Mix all ingredients and season with salt to taste.

GARNISH

Mixed greens

Tomatoes, thinly sliced

METHOD

1. Form a thin, round patty with TINDLE and season with salt. Coat in potato starch, egg wash and panko crumbs.
2. Deep fry at 160°C (325°F) until golden brown, salt again and set aside.
3. In a separate pan, cook four tablespoons of Just Egg®, forming it into a square. Once cooked, set on top of the TINDLE patty.
4. Place one tablespoon of vegan cheese in the hot frying pan to melt then pour on top of the egg.
5. Assemble with a toasted slider bun, add sauce, lettuce and tomato. Serve with a flag skewer to top off your masterpiece.



PARMESAN SLIDER

by Chef Rocco

Makes Twelve Small Sliders

TINDLE

6 TINDLE patties, cut in half

"EGG" WASH

3 cups Just Egg®

1 cup water

2 cups marinara sauce

1/2 cup vegan parmesan

1 cup vegan mozzarella

12 mini vegan slider buns

DRY DREDGE

2 cups potato starch

SEASONED BREADCRUMBS

2 cups plain breadcrumbs

2 teaspoons nutritional yeast

1 teaspoon dried oregano

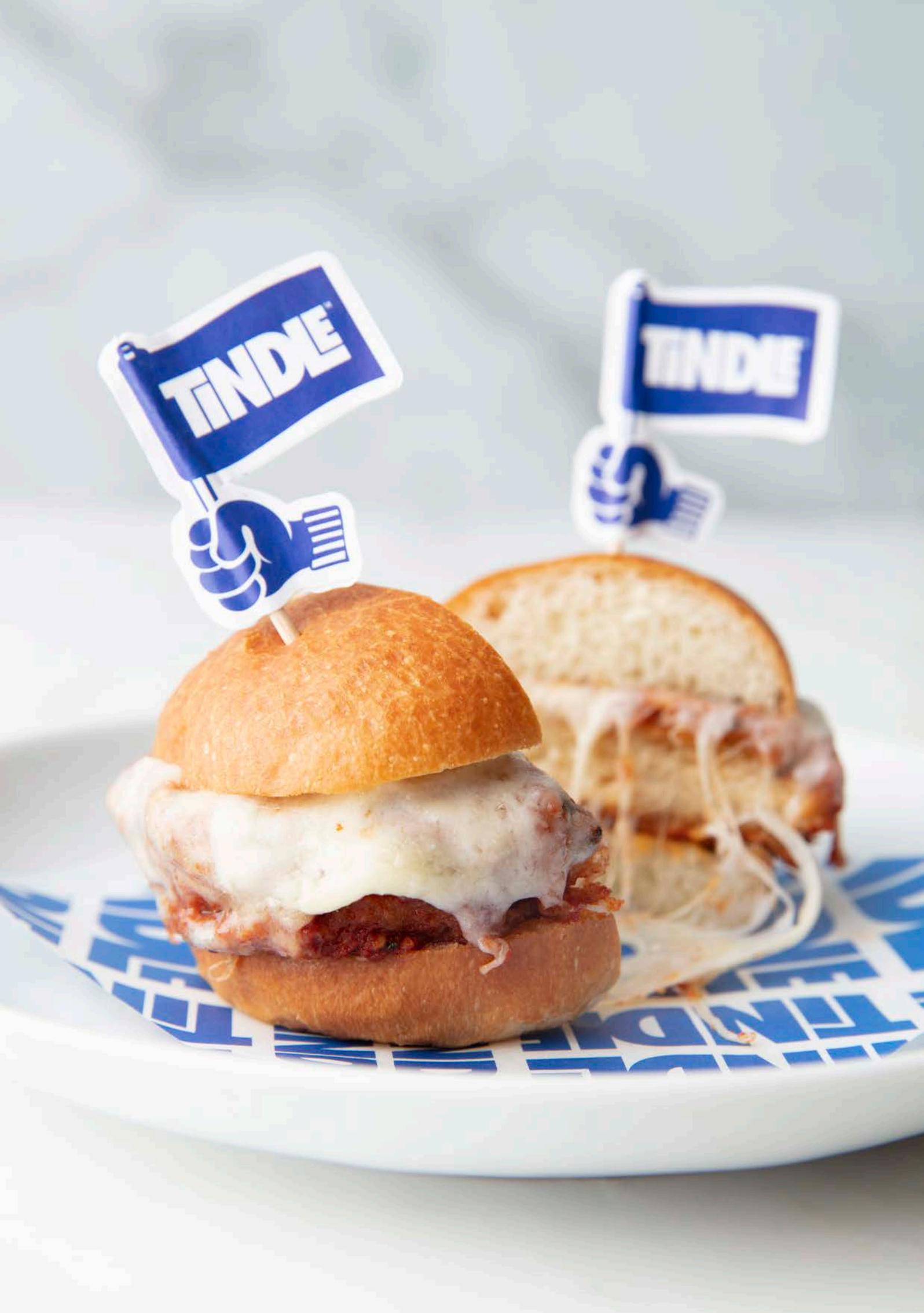
1/2 teaspoon garlic powder

1/2 teaspoon onion powder

2 teaspoons salt

METHOD

1. Form thin round patty from TINDLE and season both sides with salt. Coat the patty in potato starch, egg wash and then panko bread crumbs.
2. Deep fry breaded patty at 160°C (325°F) until golden brown, season with salt and set aside.
3. In a separate pan, cook four tablespoons of Just Egg® and form into a square. Place on top of patty.
4. Place one tablespoon vegan cheese in hot frying pan and heat to melt. Once melted, place on top of egg.
5. To finish assembling, toast slider bun, put sauce on top, followed by lettuce and tomato. Place patty, egg and cheese on bottom bun and close sandwich. Hold in place with flag skewer.



KATSU SANDWICH

by Chef Rocco

Makes One Sandwich

FOR THE SANDWICH

1-3 ounces TiNDLE patty
1/2 pint vegan mayo
1 gram kombu dashi powder
1 teaspoon Japanese mustard
1/2 pint potato starch
1 cup Just Egg®
1/2 cup water to thin
1 cup panko bread crumbs
1/4 cup green cabbage, shredded
2 slices white bread
2 teaspoons butter

FOR THE SAUCE

1 clove garlic, minced
1 inch ginger, minced
2 tablespoons ketchup
1 tablespoon vegan Worcestershire sauce
1½ teaspoons vegan oyster sauce
1 teaspoon dark brown sugar
Rice wine or white vinegar (optional)
1/4 cup vegan Bulldog katsu sauce

KATSU BREADING

Combine eggs, vegan mayo, kombu dashi, and potato starch in a bowl and mix and stir. Add water until it's a workable batter, slightly thinner than pancake mix.

TINDLE

Take 3 ounces of thawed TiNDLE and form a square shape the size of the sliced white bread. If TiNDLE is too soft and sticky put in freezer for 10 minutes to chill and firm up.

KATSU SAUCE

In a small bowl combine garlic and ginger, brown sugar, ketchup, Worcestershire, vegan oyster sauce and stir to combine. If a little on the sweet side, add a dash of rice wine or white vinegar.

METHOD

1. Coat TiNDLE patty in batter then in panko bread crumbs.
2. Deep fry at 160°C (325° F) for 8 minutes or until golden brown.
3. Spread butter, Kewpie mayo and mustard on both slices of bread.
4. Place fried TiNDLE Katsu on bread, add tonkatsu sauce to both sides of bread, then finally shredded cabbage.
5. Cut sandwich in half, not diagonally.
6. Serve sandwich hot with TiNDLE flag to hold it all together.



LOTUS LEAF BAO

by Chef Rocco

Serves About Twenty Baos

TINDLE

10 pieces TINDLE cut in half

DRY DREDGE

1 cup all purpose flour
4½ grams baking powder
57 grams cornstarch
4½ grams salt
4½ grams pepper
4½ grams paprika
2¼ grams cayenne

SWEET AND SOUR SAUCE

1 ounce Gochujang paste
1 ounce agave nectar
2 ounces brown sugar
2 ounces soy sauce
3 cloves garlic, minced
1 ounce grape seed oil
1 ounce sesame oil
Combine in a saucepan, boil and cool.

LIME DRESSING

1/3 cup fresh lime juice
1½ tablespoon soy sauce
1 tablespoon red wine vinegar
1 tablespoon sesame oil

1 inch ginger, minced
1 clove garlic, minced
2/3 cup grapeseed oil
1 shallot, minced

Combine all ingredients in blender and blend on high until smooth.

BATTER

1 cup coconut yogurt
1/4 cup water
2 tablespoon lemon juice
2½ grams salt
1½ grams garlic powder

BAOS

20 pieces lotus leaf bao
Steamed 7-9 minutes

SLAW

1 cup shredded red cabbage
1/2 cup shredded carrot
1/2 cup cilantro, rough chopped
1/2 cup mint, rough chopped
1/4 cup scallion, sliced thin
Combine and toss with lime dressing.

GARNISH

Thin cucumber slices

METHOD

1. Cut TINDLE in half to form nuggets.
2. Dredge nuggets in the flour mix, shake off excess and coat in the seasoned coconut yogurt batter. Place back in the flour mix.
3. Fry breaded nuggets in 190°C (375°F) grapeseed oil until golden brown and crispy.
4. Meanwhile steam lotus leaf buns 7-9 minutes until cooked and tender.
5. Make sweet and sour sauce; bring all ingredients to a boil and cool. Brush lotus leaf bun with sauce and coat fried TINDLE in sauce.
6. Toss julienned vegetables with lime dressing.
7. Place TINDLE chicken nuggets into seasoned bun, top with seasoned slaw and cucumber slices. Wrap in grease-proof paper and serve.



POPCORN SHRIMP

WITH HOT & SOUR SAUCE & RANCH

by Chef Rocco

Makes Five Portions

TINDLE

2 pounds TINDLE

DRY DREDGE

1 cup all purpose flour
4½ grams baking powder
57 grams cornstarch
4½ grams salt
4½ grams pepper
4½ grams paprika
2¼ grams cayenne

SWEET AND SOUR SAUCE

1 ounce Gochujang paste
1 ounce agave nectar
2 ounces brown sugar
2 ounces soy sauce
3 cloves garlic, minced
1 ounce grape seed oil
1 ounce sesame oil

HOT AND SOUR POPCORN SAUCE

¼ cup sweet chili sauce
1 quart agave nectar
3 tablespoons sambal olek
3 cloves garlic, minced
2 teaspoons Orange Tang powder

3 teaspoons chili oil
2 tablespoons hoisin sauce
3 tablespoons orange marmalade
¼ cup fresh lemon juice
4 tablespoons corn starch

SEASONED COCONUT YOGURT BATTER

1 cup coconut yogurt
2½ grams salt
1½ grams garlic powder
¼ cup water
2 tablespoons fresh lemon juice

VEGAN RANCH

½ cup vegan sour cream
½ cup vegan mayo
⅓ cup coconut yogurt
⅓ cup non dairy milk
2 tablespoons lemon juice
3 teaspoons coconut aminos
1 teaspoon celery salt
2 cloves garlic, minced
1 tablespoon chives, thin sliced
1 tablespoon parsley, chopped

METHOD

1. Form TINDLE into 1-inch balls and dredge with flour mixture, then batter, then flour mixture once more.
2. Deep fry battered TINDLE at 180°C (360°F) for about 3 minutes until crispy and golden brown.
3. Drop fried TINDLE into warmed popcorn sauce and toss to coat.
4. Plate and top with ranch, sesame seeds, and scallions.



CHOW FUN NOODLES

by Chef Rocco

Makes One Portion

TiNDLE AND MARINADE

4 ounces TiNDLE sliced
1/8 inch thick by 2 inches long
6 ounces fresh wide rice noodles
1/4 teaspoon baking soda
1 teaspoon cornstarch
1 teaspoon soy sauce
1 teaspoon vegetable oil
1 teaspoon ginger juice

CHOW FUN

3 tablespoons vegetable oil
4 scallions, split and cut into
3-inch pieces
2 ounce onion, sliced
2-3 ounce mung bean sprouts

CHOW FUN SAUCE

2 tablespoons Shao Xing wine
1/2 teaspoon sesame oil
2 teaspoons dark soy sauce
2 tablespoons soy sauce
1/8 teaspoon sugar salt and
white pepper (to taste)

METHOD

1. Cut scallions and onions then set aside. Next, combine the vegetable oil, soy sauces, sesame oil, wine and sugar. Reserve in a squeeze bottle.
2. In a wok or non-stick pan over medium high heat, sauté TiNDLE in the dry pan for 20-30 seconds until charred, then add a tablespoon of sauce from the squeeze bottle. Once well coated, remove and set aside.
3. Allow the pan to heat up before placing the onions in and letting them char slightly.
4. Add another tablespoon of sauce, stir, and add scallion bottoms to the onions. Sauté for 20 seconds.
5. Add fun noodles, spreading them out as much as possible to get a nice char.
6. Add two more tablespoon of sauce, turn heat up to high, add sprouts and scallion tops, put your TiNDLE back in and toss it all together. Adjust the seasoning to taste and serve immediately.



GONG BAO

Makes Meals For 2

TiNDLE

300 grams TiNDLE

SAUCE

3 tablespoons oil

1 tablespoon minced ginger

1/2 teaspoon Sichuan peppercorn

4 dried chilies chopped
(pre-soak to soften)

1/2 small red onion, diced

3 scallion whites cut thin

6 garlic cloves

1 vegetable bouillon cube

100 milliliters Chinese cooking wine

100 milliliters water

1 1/2 tablespoons light soy sauce

1 1/2 tablespoons dark soy sauce

2 tablespoons vegetarian oyster sauce

1 tablespoon white sugar

1/4 teaspoon white pepper

1/2 tablespoon cornstarch

GARNISH

35 grams cashews

Sliced fresh red chiles

Scallions

METHOD

1. Heat 2 tablespoons oil in a pan at high heat and toast cashew nuts until golden brown then set aside.
2. Portion TiNDLE into small cubes and sear in the same pan until golden brown and set aside. Turn heat to low and add the rest of the oil.
3. Add Chinese cooking wine and cook for 1 minute. Add seared TiNDLE, sauces, water, white sugar and white pepper. Stir and cook over high heat until TiNDLE reaches an internal temperature of 75°C (165°F).
4. In a separate bowl, mix cornstarch with 1/2 tablespoon water to form a slurry. Add slurry to pan and cook until thickened.
5. Garnish with cashews, sliced fresh red chilies and chopped scallions served with white rice.



PARMIGIANA

Makes One Portion

TINDLE

100 grams TINDLE
Mozzarella (for sandwich)

DRY DREDGE

Breadcrumbs mix
1 egg, beaten
Flour, as needed

TOMATO SALSA SAUCE

350 grams canned tomatoes
30 grams tomato paste
15 grams tomato ketchup
20 grams garlic, minced
60 grams shallots, minced
30 grams red wine
3 grams salt
6 grams dried mixed herbs

BREADCRUMB MIX

45 grams panko crumbs
10 grams parmesan powder
7 grams salt
1 grams black pepper powder
2 grams mixed herbs

METHOD

1. Preheat oven to 170°C (340°F).
2. Sweat garlic and shallots in a pot. Add canned tomatoes and bring to a simmer. Combine remaining ingredients for Tomato Salsa Sauce and simmer for 30 minutes.
3. Coat shaped TINDLE with flour, dip in beaten egg and coat with breadcrumb mix.
4. Deep-fry TINDLE for 1 ½ minutes at 170°C (340°F) until it reaches an internal temperature of 75°C (165°F).
5. Cover fried TINDLE with mozzarella cheese and bake for 2 minutes. Spoon Tomato Salsa Sauce over and serve.



THAI GREEN CURRY

Makes Meals For 2

TINDLE

300 grams TINDLE

CURRY

Homemade green curry paste

2 vegetable bouillon cubes

250 milliliters water

200 milliliters coconut cream

1 small eggplant, sliced

1/2 carrot sliced

5 lime leaves, torn

50 grams brown sugar

1 tablespoon salt

15 Thai basil leaves

GREEN CURRY PASTE

4 large green chilis

1 small green Bird's eye chili

2 shallots

2 lemongrass stalks

2 tablespoons galangal

1/2 teaspoon turmeric

2 whole coriander leaves, stem and root

5 garlic cloves

2 teaspoons coriander powder

1 teaspoon cumin powder

3 tablespoons water

16 Thai basil leaves

METHOD

1. Prep by portioning TINDLE into chunks. Separately, blend all ingredients in green curry paste then set aside.
2. Heat oil in a pot over medium heat. Add green curry paste and cook for 5 minutes until most of the liquid has evaporated. Add in water, vegetable bouillon, lime leaves, eggplants and carrots. Stir and simmer until the vegetables are about 75% cooked.
3. Add coconut cream, salt and sugar. Mix and simmer for 2 minutes then add TINDLE chunks. Simmer until they reach an internal temp of 75°C (165°F).
4. In a separate bowl, mix cornstarch with 1/2 tablespoon water to form a slurry. Add slurry to pan and cook until thickened.
5. Stir in Thai basil and serve with rice.

BUTTERMILK BURGERS

Makes 2 Burgers

TINDLE

4 pieces TINDLE formed into 2 patties
500 milliliters oil for frying

DRY DREDGE AND MARINADE:

360 grams buttermilk
136 grams flour
3 tablespoons cornstarch
1 tablespoon smoked paprika
2 teaspoons garlic powder
2 teaspoons onion powder

SPREAD

150 milliliters mayo
2 tablespoons hot sauce

SANDWICH (ASSEMBLED)

2 brioche buns, lightly toasted
40 grams pickle chips
TiNDLE Buttermilk patty
Spicy Spread

METHOD

1. Pour buttermilk into a baking dish and add the 2 TINDLE patties, turning them to coat both sides. Marinate for 15 minutes in the buttermilk.
2. In another baking dish, combine flour, corn starch, paprika, garlic powder, onion powder and salt. Whisk together. Drizzle 2-3 tablespoons of buttermilk from the baking dish onto the flour mixture and gently stir together.
3. Season each TINDLE patty with salt and dredge both sides in the flour mixture until fully coated. Shake off any excess and transfer to a cooling rack.
4. While coated patties sit, preheat a pot of hot oil to 180°C (350°F).
5. Deep fry TINDLE for 4-5 minutes until golden brown, crispy, and cooked through to an internal temperature of 75°C (165°F). Transfer to a cooling rack and add salt.
6. Whisk mayo and hot sauce in a small bowl. Assemble on brioche buns and serve hot. Top it with a TINDLE flag.



TINDLE

MUSHROOM STROGANOFF

Serves Meals For 4

TINDLE

400 grams TINDLE cut into pieces

STOGANOFF:

100 grams butter

50 grams flour

1 red onion, cubed

1 green capsicum, cubed

8 white button mushrooms, quartered

5 garlic cloves, chopped

500 milliliters milk

100 milliliters water

2 mushroom bouillon cubes

1/2 teaspoon dried thyme

1/2 teaspoon white pepper

100 grams sour cream

METHOD

1. Cut TINDLE into pieces.
2. Melt half the butter in a hot pan at low heat. Sear TINDLE Thy pieces and set aside. In the same pan, add onions, capsicum and mushrooms. Cook for 3 minutes.
3. Add garlic and cook for 1 minute. Add remaining butter and stir until melted. Then add in flour. Stir and cook for another 2 minutes before adding milk, bouillon, white pepper and thyme. Simmer for 5 minutes.
4. Add in water, simmer for 2 more minutes and add TINDLE pieces back to the pan. Let simmer for 2 minutes until the pieces reach an internal temperature of 75°C (165°F).
5. Stir in sour cream and serve over pasta or potatoes.

COMPROMISE ISN'T OUR THING

That's why TiNDLE isn't just a taste experience—it's the texture, the crunch, and to top it off, it's also better for you.

With simple, natural ingredients rich in protein and fiber, TiNDLE rejects the hormones, antibiotics, and cholesterol of chicken from birds.

In Every 100G:

0 milligrams CHOLESTEROL

NO GMO INGREDIENTS

NO ANTIBIOTICS/ANIMAL HORMONES

17 grams PROTEIN

Nutrition Facts

About 64 servings per container

Serving size 1 Pieces (71g)

Amount Per Serving
Calories 90

	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 1g	5%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 7g	3%
Dietary Fiber 3g	11%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 11g	
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.

