

TINDLE™

CULINARY GUIDELINES

WELCOME TO THE MOVEMENT!

This quick guide shares some useful handling tips and cooking ideas for TINDLE. So let's begin.

1. STORE



- Always keep TINDLE frozen below 0°F (-18°C).
- Frozen, TINDLE has a shelf life of 18 months from the date of production.
- Once it's thawed, keep TINDLE refrigerated below 40°F (4°C) and use within 4 days. Remember, do not refreeze after thawing.

2. THAW



- Defrost TINDLE overnight in your refrigerator.
- Speed defrost – place TINDLE in a sealed plastic bag and place into a sink of cold water for 30 minutes to 1 hour. TINDLE that has been speed defrosted to be used within 1 day.

3. PLAY



- Fold and pull apart a few times to bring out the meaty texture.
- Season or marinate with desired flavors.

4. CREATE



- TINDLE forms easily into any shape you want.
- TINDLE is fully cooked when it reaches an internal temperature of 165°F (75°C).

THE POSSIBILITIES ARE ENDLESS!
More details on the next page.



WORKS WITH MULTIPLE CUISINES & COOKING APPLICATIONS



DEEP FRYING



PAN FRYING



GRILLING



SAUCES & STEWS

DEEP FRYING

1. Shape 3½–4¼ oz (100 to 120g) of TINDLE.
2. Cover it with your favorite coating.
3. Deep fry TINDLE at 350°F (180°C) for 4 minutes until it reaches 165°F (75°C) and turn crispy golden brown. Serve.

PAN FRYING

1. Shape desired amount of TINDLE.
2. Sear TINDLE with oil in a hot pan.
3. After 1 minute, flip TINDLE and leave it for another minute.
4. Baste for another 3 minutes until it reaches 165°F (75°C). Serve.

GRILLING

1. Shape desired amount of TINDLE.
2. Brush TINDLE with some oil and your favorite marinade.
3. Press TINDLE lightly on the grill surface.
4. Grill for 90 seconds and repeat for the other side until it reaches 165°F (75°C). Serve.

IN SAUCES AND STEWS

1. Shape desired amount of TINDLE.
2. Sear the marinated TINDLE in a well-oiled pan.
3. Add the sauce of your choice and continue to simmer for another 2 minutes. Serve.
4. Alternatively, you can choose to add TINDLE once the sauce is boiling and continue to cook till it reaches 165°F (75°C).

PREFER TO WATCH IT?

Visit WWW.TINDLE.COM/RESOURCES or scan the QR code for our one-stop source for foodservice!



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

Contains: Soy, Gluten

TINDLE IS PRODUCED IN A GLOBAL FOOD SAFETY INITIATIVE AND HALAL CERTIFIED* FACTORY.

Data might be slightly different based on country requirement.

*By Halal Feed and Food Inspection Authority

Nutrition Facts

About 64 servings per container	
Serving size	1 piece (71g)
Amount Per Serving	90
Calories	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 1g	5%
Trans Fat 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.

Need more assistance? We're an email away.

Just ping us at usapartners@tindle.com for more information.