

THAT TIBA FEELING

It's the power of 100% natural protein that makes you feel healthier, satisfied, lighter, energised & altogether more alive.

These tasty tempeh pieces marinated in delicious mild curry spices are ready to crank up your curries, boost your grain bowls & amplify any bap, wrap, samie or flatbread.

scan here for recipes

INGREDIENTS:
 Tempeh 90% (soya beans*, water, culture (rhizopus)), water, sunflower oil*, spices*, salt, onion*, garlic*, tomato puree*, yeast extract, parsley*, acidity regulator: lactic acid, thickener: guar gum, paprika*. *Organic
 For allergens, see ingredients in bold.

COOKING INSTRUCTIONS:
 Ready to Eat Now or Cook
 For the tastiest tempeh, **Pan-fry:**
 Heat 1 tbsp of oil in a pan on medium heat. Add in the pieces and cook for 4 mins, turning occasionally.
Microwave: Remove all packaging and cook for 1 minute at 800W.

STORAGE:
 Keep in a fridge below 5°C.
 Once opened, eat within 48 hours.

SLEEVE Recycle
TRAY Recycle
FILM Don't Recycle

NUTRITIONALS:
 Typical values
 Energy
 Fat
 of which saturates
 Carbohydrate
 of which sugars
 Fibre
 Protein
 Salt

Per 100g
 1050kJ
 250kcal
 12g
 1.5g
 7g
 0.3g
 7.2g
 24g
 1.3g

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GLUTEN FREE

VEGAN

Best Before

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