

PROTEIN THAT BITES

PLANT
BASED

SMOKY BLOCK

TIBA
TEMPEH

INGREDIENTS:

Tempeh 92% (soya beans, water, culture (rhizopus)), yeast extract, water, salt, vegetable concentrate, smoked salt.
For allergens, see ingredients in bold.

NUTRITIONALS:

Typical values	Per 100g
Energy	719kJ 172kcal
Fat	8.8g
of which saturates	1.2g
Carbohydrate	1.9g
of which sugars	0.2g
Fibre	5.2g
Protein	19g
Salt	1.2g

HOW TO COOK:

- 1 Slice, dice or grate your tempeh
- 2 Pan-fry for 5 mins in a bit of oil, turning often
- 3 Add to your favourite meal & enjoy!

STORAGE:

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

PACKED FULL
OF GOODNESS



HIGH IN PROTEIN
19g PER 100g



100% NATURAL
INGREDIENTS



1 OF YOUR
5 A DAY



HIGH IN FIBRE



LOW IN SAT FAT



GLUTEN FREE

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Best Before



Tiba Tempeh Ltd, 12 Fletcher Cres,
Newcastle, NE20 0FJ, UK
Tiba Tempeh Ltd, PMB 9006,
Padaan 10, Hoofddorp, 2131 PZ, NL

SHARE YOUR TIBA FEELING!



WHAT IS
TEMPEH?

Tempeh (Tem-pay) is the original,
all-natural, Indonesian superfood.
Made with just 3 ingredients, it's
plant-based protein with a bite.



SOYBEANS



LIVE CULTURE



WATER

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

Dipac
verpakkingen

TT3115SMOKEBLUK-V1-SV2620

Color: Cyan Magenta Yellow Black
Pantone: No
Lacker: Matt
Foil: No

Spot UV: No
Emboss: No
Cutter: SV2620
Date: 27-02-2025

scan here
for recipes



THAT TIBA M
FEELING

This tasty smoky-marinated tempeh block
is great sliced, diced or grated and cooked
in your favourite meals. Get ready to
supercharge your sammies, max up your
stir-fries, power up your pasta and make
your salad bowls sing!



serving suggestion

NEW

TIBA
TEMPEH



HIGH IN
PROTEIN

100% NATURAL PROTEIN
SMOKY BLOCK

220g



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