

INGREDIENTS:

Organic soya beans, water,
culture (rhizopus).
For allergens, see ingredients
in **bold**.

NUTRITIONALS:

Typical values	Per 100g
Energy	763k 183kcal
Fat	8g
of which saturates	1.5g
Carbohydrate	5g
of which sugars	0.2g
Fibre	6.5g
Protein	22g
Salt	0.02g

COOKING INSTRUCTIONS:

Simply slice or dice your tempeh

Pan-fry: Heat 1 tbsp of oil and fry
for 5 mins until golden brown.

Oven: Coat in a little oil and bake
on an oven tray for 15 mins at 180C.

STORAGE:

Keep in a fridge below 5°C.

Once opened, eat within 48 hours.

Best before: see base.

PACKED FULL OF GOODNESS



**HIGH IN
PROTEIN**



**100% NATURAL
INGREDIENTS**



**1 OF YOUR
5-A-DAY**



GLUTEN FREE



HIGH IN FIBRE



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Tiba Tempeh Ltd, 12 Fletcher Cres,
Newcastle, NE20 0FJ, UK

Tiba Tempeh Ltd, PMB 9006,
Paxlaan 10, Hoofddorp, 2131 PZ, NL

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VEGAN

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