



HOW TO COOK IMPOSSIBLE™ CHICKEN TENDERS MADE FROM PLANTS



If you know how to cook conventional chicken tenders made from animals, you already know how to cook Impossible™ Chicken Tenders Made From Plants! Fully cooked and perfectly flavored with an onion, garlic, and black pepper seasoning, our mouthwatering tenders can easily be adapted to many different recipes.

KEY INGREDIENTS

- Soy Protein
- Wheat Flour
- Sunflower Oil
- Soybean Oil (Less than 2%)

SIMPLE STORAGE & HANDLING

- Perishable, keep frozen, cook before the indicated best by date.
- Tenders should be cooked from a frozen state



COOKING INSTRUCTIONS

Fully cooked, reheat thoroughly to an internal temperature of 145°F.

DEEP FRYER (RECOMMENDED)

Preheat deep fryer to 365°F. Place the tenders in the fry basket and submerge in the deep fryer oil. Fry for approximately 2 minutes, or until golden brown.

OVEN

Preheat oven to 425°F. Arrange frozen tenders on a parchment-lined baking sheet. Bake for 18 minutes until golden brown, flip halfway.

MICROWAVE

Arrange frozen tenders on microwave-safe plate, do not cover. Heat on HIGH:

2 tenders for 1:30 to 2:00 minutes, flip halfway
4 tenders for 2:30 to 3:00 minutes, flip halfway

TURBOCHEF

Settings: 500°F, 60% Air, 30% Microwave. Total cook time 4:40 minutes. Setting developed for 8 tenders.

IMPOSSIBLE MENU INSPIRATION



MEAL WITH FRIES AND SLAW



CHICKEN BURGER



DINNER SALAD

CONTACT US

For more information, reach out to your **Impossible Foods sales rep** or **Hello@ImpossibleFoods.com**. You can also **visit our website** for more inspiration.



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