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We are the first 100% Plant-Based Meat Factory in the Middle East.

Our hero ingredient, the faba bean, is at the heart of local cuisine.

Our product range is inspired by local cuisine and marinated with spices like Baharat, Bezar, Omani Loomi, and Aleppo Pepper.



Plant to Plate

This small bean is climate-smart, healing and enriching soil with nitrogen through its magical roots.

By consuming food crafted with faba bean you are giving back, boosting the sustainable development of agriculture.



High-quality protein with essential amino acids that contribute to the maintenance of normal bones & muscle growth



Contains Omega 3, 6, & 9's and has 0% cholesterol which reduces the risk of heart disease



Dietary fibre helps to maintain a healthy immune system and normal blood sugar levels, and supports your digestive system

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100% PLANT-BASED CLASSIC CHICKEN

دجاج نباتي 100 %

Cooking instructions (Chilled Product)

Thaw the Thryve 100% Plant-Based Classic Chicken overnight in chiller. Preheat the Electric Fry Top to 170 C or Gas Fry Top to Medium Heat. Add a little oil to the fry top and add the chilled Thryve Classic Chicken. Cook for 2-4 minutes, turning occasionally until the core temperature reaches 75C.

Cooking instructions (Frozen Product)

Preheat the Electric Fry Top to 170 C or Gas Fry Top to Medium Heat. Add a little oil to the fry top and add the frozen Thryve Classic Chicken. Cook for 5-7 minutes, turning occasionally until the core temperature reaches 75 C.

Ingredients

Water, Protein (Faba, SOYA), Vegetable Oil (Rapeseed), Lemon Juice, Chickpea, Salt, Natural Flavor (100% Plant-Based Chicken), Yeast Extract.

NUTRITIONAL INFORMATION

القيمة الغذائية

| | |
|---|---|
| 133 servings per container | 133 حصص لكل عبوة |
| Serving Size: Approx. 75g | حجم الحصة: حوالي 75 ج |
| Amount per 100g | %* القيمة الغذائية في 100 جم |
| Calories 225 | السعرات الحرارية 225 11.3% |
| Total Fat 9.6g | إجمالي الدهون 9.6 جم 13.7% |
| Saturated Fat 0.6g | الدهون المشبعة 0.6 جم 3.0% |
| Trans Fat 0g | الدهون المتحولة 0 جم 0% |
| Omega 3 1.1g | أوميغا 3 1.1 جم 183.3% |
| Omega 6 3.0g | أوميغا 6 3.0 جم 187.5% |
| Omega 9 0.5g | أوميغا 9 0.5 جم 4.0% |
| Cholesterol 0mg | الكوليسترول 0 ملجم 0% |
| Sodium 323 mg | الصوديوم 323 ملجم 14.0% |
| Salt 0.62 g Including 0.45g added salt | ملح 0.62 جم بما في ذلك 0.45 جم ملح مضاف 10.3% |
| Total Carbohydrate 10.5g | إجمالي الكربوهيدرات 10.5 جم 4.0% |
| Dietary Fiber 3.4g | الألياف الغذائية 3.4 جم 12.1% |
| Total Sugars 0g Including <0g added sugar | إجمالي السكريات 0 جم شاملاً لـ <0 جم من السكر المضاف 0% |
| Protein 24.5g | البروتين 24.5 جم 49.0% |
| Potassium 441mg | البوتاسيوم 441 ملجم 22.1% |
| Magnesium 57.8mg | المغنيسيوم 57.8 ملجم 18.6% |
| Iron 2.2mg | الحديد 2.2 ملجم 10.0% |
| Vitamin B1 0.44mg | فيتامين B1 0.44 ملجم 36.7% |
| Vitamin B6 0.36mg | فيتامين B6 0.36 ملجم 27.7% |

*% Daily Values are based on a 2,000-calorie diet. Your daily value may be higher/lower depending on your calorie needs. ***Please see our website for full details regarding amino acid profile.

* تعتمد النسبة المئوية للقيم اليومية على نظام غذائي يحتوي على 2,000 سعر حراري. قد تكون قيمك اليومية أعلى أو أقل بحسب احتياجاتك من السعرات الحرارية. ***يرجى زيارة موقعنا للحصول على التفاصيل الكاملة المتعلقة بملف الأحماض الأمينية.

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100% PLANT-BASED MINCE

لحم مفروم نباتي 100%

Cooking instructions (Chilled Product)

Thaw the Frozen 100% Plant-based Mince overnight in chiller. Preheat the Electric Fry Top to 170 C or Gas Fry Top to Medium Heat. Add a little oil to top and chilled Thryve Mince. Cook for 3-5 minutes, turning occasionally until the core temperature reaches 75 C.

Cooking instructions (Frozen Product)

Preheat the Electric Fry Top to 170 C or Gas Fry Top to Medium Heat. Add a little oil to top and Frozen Thryve Mince. Cook for 5-7 minutes, turning occasionally until the core temperature reaches 75 C.

Ingredients

Water, Protein (Faba, Pea), Vegetable Oil (Rapeseed), Natural Flavor (100% Plant-Based Beef), Juice and Juice Concentrates from Beetroot, Cherry, Carrot, Pear, Lemon; Spices (Garlic, Onion, Black Pepper), Salt, Caramelized Sugar Syrup, Tomato Puree.

NUTRITIONAL INFORMATION

القيمة الغذائية

| 3 servings per container | 3 حصص لكل عبوة |
|--|--------------------------------|
| Serving Size: 100g | حجم الحصة 100 جم |
| Amount per 100g | %* القيمة الغذائية في 100 جم |
| Calories 211 | 10.5% السعرات الحرارية 211 |
| Total Fat 8.9g | 11.4% إجمالي الدهون 8.9 جم |
| Saturated Fat 1.4g | 7.2% الدهون المشبعة 1.4 جم |
| Trans Fat 0g | 0% الدهون المتحولة 0 جم |
| Omega 3 0.12g | 20.0% أوميغا 3 0.12 جم |
| Omega 6 1.4g | 86.3% أوميغا 6 1.4 جم |
| Omega 9 5.9g | 48.9% أوميغا 9 5.9 جم |
| Cholesterol 0mg | 0% الكوليسترول 0 ملجم |
| Sodium 276mg | 12.0% الصوديوم 276 ملجم |
| Salt 0.6 g | 10.0% ملح 0.6 جم |
| Including 0.5g added salt بما في ذلك 0.65 جم ملح مضاف | |
| Total Carbohydrate 17g | 6.1% إجمالي الكربوهيدرات 17 جم |
| Dietary Fiber 3.0g | 10.7% الألياف الغذائية 3.0 جم |
| Total Sugars 0.9g | 1.7% إجمالي السكريات 0.9 جم |
| Including <0.5g added sugar شامل ز 0.5 جم من السكر المضاف | |
| Protein 15g | 29.5% البروتين 15 جم |
| Potassium 533mg | 11.3% البوتاسيوم 533 ملجم |
| Magnesium 42.0mg | 10.0% المغنيسيوم 42.0 ملجم |
| Iron 2.8mg | 15.7% الحديد 2.8 ملجم |
| Vitamin B1 0.19mg | 13.6% فيتامين B1 0.19 ملجم |
| Vitamin B6 0.25mg | 12.5% فيتامين B6 0.25 ملجم |

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100% PLANT-BASED BURGER برجر نباتي 100%

Cooking instructions (Chilled Product)

Thaw the Frozen 100% Plant-based Burger overnight in chiller. Preheat the Electric Fry Top to 170 C or Gas Fry Top to Medium Heat. Add a little oil to top and chilled Thryve Burger patties. Cook for 5-7 minutes, turning occasionally until the core temperature reaches 75 C.

Cooking instructions (Frozen Product)

Preheat the Electric Fry Top to 170 C or Gas Fry Top to Medium Heat. Add a little oil to top and Frozen Thryve Burger patties. Cook for 12-14 minutes, turning occasionally until the core temperature reaches 75 C.

Ingredients

Water, Protein (Faba, Pea), Vegetable Oil (Rapeseed, Flaxseed), Natural Flavour (100% Plant-Based Beef Burger), Juice and Juice Concentrates from Beetroot, Cherry, Carrot, Pear; Spices (Garlic, Onion, Black Pepper), Salt, Yeast Extract, Tomato Puree, Caramelised Sugar Syrup.

NUTRITIONAL INFORMATION القيمة الغذائية

| | |
|---|---------------------------------|
| 2 servings per container | 2 حصة لكل عبوة |
| Serving size: One Burger 113.5g | حجم الحصة: 1 قطعة برجر 113.5 جم |
| Amount per 100g | % القيمة الغذائية في 100 جم |
| Calories 171 | السعرات الحرارية 171 8.6% |
| Total Fat 10g | إجمالي الدهون 10 جم 13.0% |
| Saturated Fat 1.1g | الدهون المشبعة 1.1 جم 5.6% |
| Trans Fat 0g | الدهون المتحولة 0 جم 0% |
| Omega 3 1g | أوميغا 3 1 جم 163.3% |
| Omega 6 1.9g | أوميغا 6 1.9 جم 116.9% |
| Omega 9 6.1g | أوميغا 9 6.1 جم 50.8% |
| Cholesterol 0mg | الكوليسترول 0 ملجم 0% |
| Sodium 318mg | الصوديوم 318 ملجم 13.8% |
| Salt 0.73g | ملح 0.73 جم 12.2% |
| Including 0.48g added salt بما في ذلك 0.48 جم ملح مضاف | |
| Total Carbohydrate 6.2g | إجمالي الكربوهيدرات 6.2 جم 2.3% |
| Dietary Fiber 3.1g | الألياف الغذائية 3.1 جم 11.1% |
| Total Sugars 0g | إجمالي السكريات 0 جم 0% |
| Including <0g added sugar بما في ذلك <0 جم سكر مضاف | |
| Protein 14g | البروتين 14 جم 27.6% |
| Potassium 624mg | البوتاسيوم 624 ملجم 13.3% |
| Magnesium 28.2mg | المغنيسيوم 28.2 ملجم 6.7% |
| Iron 2.77mg | الحديد 2.77 ملجم 15.4% |
| Vitamin B1 0.33mg | فيتامين B1 0.33 ملجم 23.6% |
| Vitamin B6 0.23mg | فيتامين B6 0.23 ملجم 11.5% |
| Vitamin B12 1.1mcg | فيتامين B12 1.1 ميكروجرام 45.8% |

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100% PLANT-BASED CHICKEN BURGER

برجر دجاج نباتي 100%

Cooking instructions

(Chilled Product)

Air Frying: Thaw the Frozen 100% Plant-based Chicken Burger for overnight in chiller. Preheat the air fryer at 200 C for 3 minute. Add chilled Thryve Chicken Burger and sprinkle a little oil on it. Cook for 6-8 minutes, turning occasionally until the core temperature reaches 75 C and crumb gets crispier.

Oven Cooking: Thaw the Frozen 100% Plant-based Chicken Burger 4-5 hrs in chiller. Preheat the Oven till 200 C. Add chilled Thryve Chicken Burger and sprinkle a little oil on it. Cook for 6-8 minutes, turning occasionally until the core temperature reaches 75 C and crumb gets crispier.

Cooking instructions

(Frozen Product)

Air Frying: Preheat the air fryer at 200 C for 3 minutes. Add Frozen Thryve Chicken Burger and sprinkle a little oil on it. Cook for 15-18 minutes, turning occasionally until the core temperature reaches 75 C and crumb gets crispier.

Oven Cooking: Preheat the Oven till 200 C. Add Frozen Thryve Chicken Burger and sprinkle a little oil on it. Cook for 15-18 minutes, turning occasionally until the core temperature reaches 75 C and crumb gets crispier.

Ingredients

Water, Protein (Faba, Pea, SOYA), Coating (Corn Flour, Salt, Sunflower Lecithin, Natural Flavor), Vegetable Oil (Rapeseed, Flaxseed), Natural Flavor (100% Plant- Based Chicken), Lemon Juice, Salt, Yeast Extract, Onion.

NUTRITIONAL INFORMATION القيمة الغذائية

| 4 servings per container Serving size: One Burger 95g | | 4 حصص لكل عبوة حجم الحصة 1 برجر 95 جم | |
|--|--|--|---------------------------|
| Amount per 100g | | %* | القيمة الغذائية في 100 جم |
| Calories 211 | | 10.6% | السعرات الحرارية 211 |
| Total Fat 10g | | 12.9% | إجمالي الدهون 10 جم |
| Saturated Fat 1.7g | | 8.6% | الدهون المشبعة 1.7 جم |
| Trans Fat 0g | | 0% | الدهون المتحولة 0 جم |
| Omega 3 0.3g | | 50% | أوميغا 3 0.3 جم |
| Omega 6 1.4g | | 84.4% | أوميغا 6 1.4 جم |
| Omega 9 6.6g | | 54.8% | أوميغا 9 6.6 جم |
| Cholesterol 0mg | | 0% | الكوليسترول 0 ملجم |
| Sodium 337mg | | 14.6% | الصوديوم 337 ملجم |
| Salt 0.75g | Including 0.42g added salt شامل من الملح المضاف | 12.5% | ملح 0.75 جم |
| Total Carbohydrate 16g | | 5.7% | إجمالي الكربوهيدرات 16 جم |
| Dietary Fiber 3.0g | | 10.7% | الألياف الغذائية 3.0 جم |
| Total Sugars 0g | Including <0g added sugar شامل ل 0 جم من السكر المضاف | 0% | إجمالي السكريات 0 جم |
| Protein 15g | | 29.1% | البروتين 15 جم |
| Potassium 215mg | | 4.6% | البوتاسيوم 215 ملجم |
| Magnesium 25.4mg | | 6.0% | المغنيسيوم 25.4 ملجم |
| Iron 1.3mg | | 7.1% | الحديد 1.3 ملجم |
| Vitamin B1 1.1mg | | 75.7% | فيتامين B1 1.1 ملجم |
| Vitamin B6 0.37mg | | 18.5% | فيتامين B6 0.37 ملجم |

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Cooking instructions (Chilled Product)

Air Frying: Thaw the Frozen 100% Plant-based Chicken Nuggets for 4-5 hrs in chiller. Preheat the air fryer at 200 C for 3 minute. Add chilled Thryve Chicken Nuggets and sprinkle a little oil on it. Cook for 5-6 minutes, turning occasionally until the core temperature reaches 75 C and the crumb is golden & crispy.

Oven Cooking: Thaw the Frozen 100% Plant-based Chicken Nuggets for 4-5 hrs in chiller. Preheat the Oven till 200 C. Add chilled Thryve Chicken Nuggets and sprinkle a little oil on it. Cook for 5-6 minutes, turning occasionally until the core temperature reaches 75 C and the crumb is golden & crispy.

Cooking instructions (Frozen Product)

Air Frying: Preheat the air fryer at 200 C for 3 minutes. Add Frozen Thryve Chicken Nuggets and sprinkle a little oil on it. Cook for 12-14 minutes, turning occasionally until the core temperature reaches 75 C and the crumb is golden & crispy.

Oven Cooking: Preheat the Oven till 200 C. Add Frozen Thryve Chicken Nuggets and sprinkle a little oil on it. Cook for 12-14 minutes, turning occasionally until the core temperature reaches 75 C and the crumb is golden & crispy.

Ingredients

Water, Protein (Faba, Pea, SOYA), Coating (Corn Flour, Salt, Sunflower Lecithin, Natural Flavour), Vegetable Oil (Rapeseed, Flaxseed), Natural Flavour (100% Plant- Based Chicken), Lemon Juice, Salt, Yeast Extract, Onion.

100% PLANT-BASED CHICKEN NUGGETS قطع دجاج ناجتس نباتية 100%

NUTRITIONAL INFORMATION القيمة الغذائية

| 3 servings per container Serving size: 4 Nuggets Approx 88g | | 3 حصص لكل عبوة حجم الحصة: 4 قطع دجاج وزنها حوالي 88 جم | |
|--|-------|---|-------|
| Amount per 100g | %* | القيمة الغذائية في 100 جم | %* |
| Calories 218 | 10.9% | السعرات الحرارية 218 | 10.9% |
| Total Fat 8.8g | 11.3% | إجمالي الدهون 8.8 جم | 11.3% |
| Saturated Fat 3.4g | 16.8% | الدهون المشبعة 3.4 جم | 16.8% |
| Trans Fat 0g | 0% | الدهون المتحولة 0 جم | 0% |
| Omega 3 0.3g | 50% | أوميغا 3 0.3 جم | 50% |
| Omega 6 0.7g | 42.2% | أوميغا 6 0.7 جم | 42.2% |
| Omega 9 5.3g | 44.4% | أوميغا 9 5.3 جم | 44.4% |
| Cholesterol 0mg | 0% | الكوليسترول 0 ملجم | 0% |
| Sodium 328mg | 14.3% | الصوديوم 328 ملجم | 14.3% |
| Salt 0.73g | 12.2% | ملح 0.73 جم | 12.2% |
| Including 0.38g added salt شامل لـ 0.38 جم من الملح المضاف | | | |
| Total Carbohydrate 22g | 8.0% | إجمالي الكربوهيدرات 22 جم | 8.0% |
| Dietary Fiber 3.0g | 10.7% | الألياف الغذائية 3.0 جم | 10.7% |
| Total Sugars 0g | 0% | إجمالي السكريات 0 جم | 0% |
| Including <0g added sugar شامل لـ 0 جم من السكر المضاف | | | |
| Protein 12g | 24.6% | البروتين 12 جم | 24.6% |
| Potassium 204mg | 4.4% | البوتاسيوم 204 ملجم | 4.4% |
| Magnesium 24.4mg | 5.8% | المغنيسيوم 24.4 ملجم | 5.8% |
| Iron 5.82mg | 32.3% | الحديد 5.82 ملجم | 32.3% |
| Vitamin B1 0.97mg | 69.3% | فيتامين B1 0.97 ملجم | 69.3% |
| Vitamin B6 0.37mg | 18.5% | فيتامين B6 0.37 ملجم | 18.5% |

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100% PLANT-BASED CHICKEN POPS

قطع دجاج بوبس نباتية 100 %

Cooking instructions (Chilled Product)

Oven cooking: Thaw Thryve Pops for 4-5 hrs in chiller. Preheat the Oven to 200 C. Sprinkle a little oil on the chilled Thryve Pops, place on a tray and into the oven. Cook for 8-10 minutes, turning occasionally until the core temperature reaches 75 C and the crumb becomes crisp.

Cooking instructions (Frozen Product)

Oven cooking: Preheat the Oven to 200 C. Sprinkle a little oil on the frozen Thryve Pops place onto a tray and into the oven. Cook for 12-14 minutes, turning occasionally until the core temperature reaches 75 C and the crumb becomes crisp.

Deep Frying: Preheat the oil in deep fryer to 180 C. Add frozen Thryve Pops and cook for 2-3 minutes, turning occasionally until the core temperature reaches 75 C and the crumb becomes crisp.

Ingredients

Water, Protein (Faba, Pea, SOYA), Coating (Corn Flour, Salt, Sunflower Lecithin, Natural Flavour), Vegetable Oil (Rapeseed, Flaxseed), Natural Flavour (100% Plant- Based Chicken), Lemon Juice, Salt, Yeast Extract, Onion.

NUTRITIONAL INFORMATION

القيمة الغذائية

| 151 حصص لكل عبوة حجم الحصة: 8 قطع بوبس حوالي 66 ج | |
|---|---|
| Serving Size: 8 Pops Approx. 66g | |
| Amount per 100g | *% القيمة الغذائية في 100 جم |
| Calories 199 | 10.0% السعرات الحرارية 199 |
| Total Fat 9.2g | 13.1% إجمالي الدهون 9.2 جم |
| Saturated Fat 1.4g | 7.2% الدهون المشبعة 1.4 جم |
| Trans Fat 0g | 0% الدهون المتحولة 0 جم |
| Omega 3 0.4g | 71.7% أوميغا 3 0.4 جم |
| Omega 6 1.2g | 75.2% أوميغا 6 1.2 جم |
| Omega 9 6.1g | 50.3% أوميغا 9 6.1 جم |
| Cholesterol 0mg | 0% الكوليسترول 0 ملجم |
| Sodium 251 mg | 10.5% الصوديوم 251 ملجم |
| Salt 0.63 g Including 0.26g added salt | 10.5% ملح 0.63 جم بما في ذلك 0.26 جم ملح مضاف |
| Total Carbohydrate 17g | 6.5% إجمالي الكربوهيدرات 17 جم |
| Dietary Fiber 4.3g | 15.5% الألياف الغذائية 4.3 جم |
| Total Sugars 0g Including <0g added sugar | 0% إجمالي السكريات 0 جم شامل لـ <0 جم من السكر المضاف |
| Protein 12g | 24.1% البروتين 12 جم |
| Potassium 256mg | 12.8% البوتاسيوم 256 ملجم |
| Magnesium 25.9mg | 8.4% المغنيسيوم 25.9 ملجم |
| Iron 2mg | 9.1% الحديد 2 ملجم |
| Vitamin B1 1.41mg | 117.5% فيتامين B1 1.41 ملجم |
| Vitamin B6 0.44mg | 33.9% فيتامين B6 0.44 ملجم |

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100% PLANT - BASED SHISH TAWOOK

شيش طاووق نباتي 100%

Cooking instructions (Chilled Product)

Thaw the Frozen 100% Plant-based Shish Tawook overnight in chiller. Preheat the Electric Fry Top to 170 C or Gas Fry Top to Medium Heat. Add a little oil to top and chilled Thryve Shish Tawook. Cook for 2-4 minutes, turning occasionally until the core temperature reaches 75 C.

Cooking instructions (Frozen Product)

Preheat the Electric Fry Top to 170 C or Gas Fry Top to Medium Heat. Add a little oil to top and Frozen Thryve Shish Tawook. Cook for 5-7 minutes, turning occasionally until the core temperature reaches 75 C.

Ingredients

Water, Protein (Faba, Pea, SOYA), Vegetable Oil (Rapeseed, Flaxseed), Chickpea, Lemon Juice, Tomato Puree, Herbs and Spices (Paprika, Ginger, Cinnamon, Black Pepper, Allspice, Oregano, Cardamom, Onion, Omani Loomi Black Lemon), Garlic, Yeast Extract, Salt.

NUTRITIONAL INFORMATION

القيمة الغذائية

| | |
|--|--|
| 3 servings per container | 3 حصص لكل عبوة |
| Serving Size : 75g | حجم الحصة 75 جم |
| Amount per 100g | %* القيمة الغذائية في 100 جم |
| Calories 208 | السعرات الحرارية 208 10.4% |
| Total Fat 10g | إجمالي الدهون 10 جم 13.2% |
| Saturated Fat 1.0g | الدهون المشبعة 1.0 جم 4.9% |
| Trans Fat 0g | الدهون المتحولة 0 جم 0% |
| Omega 3 1.3g | أوميغا 3 1.3 جم 208.3% |
| Omega 6 2.6g | أوميغا 6 2.6 جم 160.6% |
| Omega 9 5.5g | أوميغا 9 5.5 جم 45.5% |
| Cholesterol 0mg | الكوليسترول 0 ملجم 0% |
| Sodium 265mg | الصوديوم 265 ملجم 11.5% |
| Salt 0.54 g Including 0.24g added salt | ملح 0.54 جم بما في ذلك 0.24 جم ملح مضاف 9.0% |
| Total Carbohydrate 9.7g | إجمالي الكربوهيدرات 9.7 جم 3.5% |
| Dietary Fiber 3.1g | الألياف الغذائية 3.1 جم 11.1% |
| Total Sugars 0g Including 0g added sugar | إجمالي السكريات 0 جم بما في ذلك 0 جم سكر مضاف 0% |
| Protein 22g | البروتين 22 جم 44.7% |
| Potassium 433mg | البوتاسيوم 433 ملجم 9.2% |
| Magnesium 42.7mg | المغنيسيوم 42.7 ملجم 10.2% |
| Iron 2.7mg | الحديد 2.7 ملجم 14.8% |
| Vitamin B1 0.74mg | فيتامين B1 0.74 ملجم 52.9% |
| Vitamin B6 0.41mg | فيتامين B6 0.41 ملجم 20.5% |
| Vitamin B12 0.23mcg | فيتامين B12 0.23 ميكروجرام 9.6% |

*% Daily Values are based on a 2,000-calorie diet. Your daily value may be higher/lower depending on your calorie needs. ***Please see our website for full details regarding amino acid profile.

* تعتمد النسبة المئوية للقيم اليومية على نظام غذائي يحتوي على 2,000 سعر حراري. قد تكون قيمتك اليومية أعلى أو أقل بحسب احتياجاتك من السعرات الحرارية. ***يرجى زيارة موقعنا للحصول على التفاصيل الكاملة المتعلقة بملف الأحماض الأمينية.

THRYVE™

ثرايف

Born to Thryve



100% PLANT-BASED
SHAWARMA
شاورمة نباتية 100%

Cooking instructions (Chilled Product)

Thaw the Frozen 100% Plant-based Shawarma overnight in chiller. Preheat the Electric Fry Top to 170 C or Gas Fry Top to Medium Heat. Add a little oil to top and chilled Thryve Shawarma. Cook for 2-4 minutes, turning occasionally until the core temperature reaches 75 C.

Cooking instructions (Frozen Product)

Preheat the Electric Fry Top to 170 C or Gas Fry Top to Medium Heat. Add a little oil to top and Frozen Thryve Shawarma. Cook for 4-6 minutes, turning occasionally until the core temperature reaches 75 C.

Ingredients

Water, Protein (Faba, Pea, SOYA), Vegetable Oil (Rapeseed, Flaxseed), Chickpea, Spices (Onion, Paprika, Cumin, Black Pepper, Sumac, Cinnamon, Cardamom, Coriander, Aleppo Pepper, Cloves, Turmeric), Salt, Yeast Extract, Garlic, Lemon Juice.

NUTRITIONAL INFORMATION

القيمة الغذائية

| 3 servings per container | 3 حصص لكل عبوة |
|--|---------------------------------|
| Serving Size : 75g | حجم الحصة 75 جم |
| Amount per 100g | %* القيمة الغذائية في 100 جم |
| Calories 211 | 10.6% السعرات الحرارية 211 |
| Total Fat 8.8g | 11.3% إجمالي الدهون 8.8 جم |
| Saturated Fat 0.8g | 4.2% الدهون المشبعة 0.8 جم |
| Trans Fat 0g | 0% الدهون المتحولة 0 جم |
| Omega 3 1.2g | 193.3% أوميغا 3 1.2 جم |
| Omega 6 2.1g | 131.9% أوميغا 6 2.1 جم |
| Omega 9 4.6g | 38.5% أوميغا 9 4.6 جم |
| Cholesterol 0mg | 0% الكوليسترول 0 ملجم |
| Sodium 324mg | 14.1% الصوديوم 324 ملجم |
| Salt 0.86 g | 14.3% ملح 0.86 جم |
| Including 0.69g added salt بما في ذلك 0.69 جم ملح مضاف | |
| Carbohydrate 11g | 3.9% إجمالي الكربوهيدرات 11 جم |
| Fiber 5.2g | 18.6% الألياف الغذائية 5.2 جم |
| Total Sugars 1.6g | 3.1% إجمالي السكريات 1.6 جم |
| including <0g added sugar شاميل لـ <0 جم من السكر المضاف | |
| Protein 22g | 44.8% البروتين 22 جم |
| Potassium 401mg | 10.8% البوتاسيوم 401 ملجم |
| Magnesium 45.3mg | 10.0% المغنيسيوم 45.3 ملجم |
| Iron 4.4mg | 24.3% الحديد 4.4 ملجم |
| Vitamin B1 0.78mg | 55.7% فيتامين B1 0.78 ملجم |
| Vitamin B6 0.43mg | 21.5% فيتامين B6 0.43 ملجم |
| Vitamin B12 0.22mcg | 9.2% فيتامين B12 0.22 ميكروجرام |

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THRYVE™

ثرايف

Born to Thryve



100% PLANT-BASED
CHICKEN KABSA CHUNKS
قطع كبسة دجاج نباتية 100%

Cooking instructions (Chilled Product)

Thaw the Frozen 100% Plant-based Chicken Kabsa Chunks overnight in chiller. Preheat the Electric Fry Top to 170 C or Gas Fry Top to Medium Heat. Add a little oil to top and chilled Thryve Chicken Kabsa Chunks. Cook for 2-4 minutes, turning occasionally until the core temperature reaches 75 C.

Cooking instructions (Frozen Product)

Preheat the Electric Fry Top to 170 C or Gas Fry Top to Medium Heat. Add a little oil to the fry top and then add frozen Thryve Chicken Kabsa Chunks. Cook for 5-7 minutes, turning occasionally until the core temperature reaches 75 C.

Ingredients

Water, Protein (Faba, Pea, SOYA), Vegetable Oil (Rapeseed, Flaxseed), Chickpea, Lemon Juice, Tomato Puree, Herbs and Spices (Bezar Arabic Spices, Tumeric, Omani Loomi Black Lemon, Bay Leaf, Fennel, Ginger, Aleppo Pepper), Salt, Yeast Extract.

NUTRITIONAL INFORMATION

القيمة الغذائية

| 3 servings per container | 3 حصص لكل عبوة |
|---|--|
| Serving Size: 75g | حجم الحصة 75 جم |
| Amount per 100g | %* القيمة الغذائية في 100 جم |
| Calories 218 | السعرات الحرارية 218 10.9% |
| Total Fat 9.0g | إجمالي الدهون 9.0 جم 11.5% |
| Saturated Fat 0.8g | الدهون المشبعة 0.8 جم 4.0% |
| Trans Fat 0g | الدهون المتحولة 0 جم 0% |
| Omega 3 1.2g | أوميغا 3 1.2 جم 193.3% |
| Omega 6 2.2g | أوميغا 6 2.2 جم 135.6% |
| Omega 9 4.8g | أوميغا 9 4.8 جم 39.7% |
| Cholesterol 0mg | الكوليسترول 0 ملجم 0% |
| Sodium 487mg | الصوديوم 487 ملجم 21.2% |
| Salt 0.9 g | ملح 0.9 جم 15.0% |
| Total Carbohydrate 11g | إجمالي الكربوهيدرات 11 جم 3.8% |
| Dietary Fiber 3.1g | الألياف الغذائية 3.1 جم 11.1% |
| Total Sugars 0.9g including <0g added sugar | إجمالي السكريات 0.9 جم شامل <0 جم من السكر المضاف 1.8% |
| Protein 24g | البروتين 24 جم 47.5% |
| Potassium 444mg | البوتاسيوم 444 ملجم 9.5% |
| Magnesium 49.4mg | المغنيسيوم 49.4 ملجم 11.8% |
| Iron 3.7mg | الحديد 3.7 ملجم 20.6% |
| Vitamin B1 0.75mg | فيتامين B1 0.75 ملجم 53.6% |
| Vitamin B6 0.47mg | فيتامين B6 0.47 ملجم 23.5% |
| Vitamin B12 0.16mcg | فيتامين B12 0.16 ميكروجرام 6.7% |

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THRYVE™

ثرايف

Born to Thryve



100% PLANT-BASED KOFTAS

كفتة نباتي 100%

Cooking instructions (Chilled Product)

Thaw the Frozen 100% Plant-based Koftas overnight in chiller. Preheat the Electric Fry Top to 170 C or Gas Fry Top to Medium Heat. Add a little oil to top and chilled Thryve Koftas. Cook for 4-6 minutes, turning occasionally until the core temperature reaches 75 C.

Cooking instructions (Frozen Product)

Preheat the Electric Fry Top to 170 C or Gas Fry Top to Medium Heat. Add a little oil to top and Frozen Thryve Koftas. Cook for 8-10 minutes, turning occasionally until the core temperature reaches 75 C.

Ingredients

Water, Protein (Faba, Pea), Vegetable Oil (Rapeseed, Flaxseed), Herbs and Spices (Parsley, Baharat 7 Spices, Onion, Sumac, Turmeric, Garlic, Paprika), Salt, Juice and Juice Concentrates from Lemon, Beetroot, Cherry; Caramelized Sugar Syrup.

NUTRITIONAL INFORMATION

القيمة الغذائية

| | |
|------------------------------|--|
| 3 servings per container | 3 حصة لكل عبوة |
| Serving Size : 2 Koftas 100g | حجم الحصة 2 كفتة 100 جم |
| Amount per 100g | %* القيمة الغذائية في 100 جم |
| Calories 234 | السعرات الحرارية 234 11.7% |
| Total Fat 15g | إجمالي الدهون 15 جم 19.7% |
| Saturated Fat 1.5g | الدهون المشبعة 1.5 جم 7.5% |
| Trans Fat 0g | الدهون المتحولة 0 جم 0% |
| Omega 3 0.7g | أوميغا 3 0.7 جم 113.3% |
| Omega 6 2.5g | أوميغا 6 2.5 جم 156.3% |
| Omega 9 10.6g | أوميغا 9 10.6 جم 88.6% |
| Cholesterol 0mg | الكوليسترول 0 ملجم 0% |
| Sodium 310mg | الصوديوم 310 ملجم 13.5% |
| Salt 0.91g | ملح 0.9 جم 15.2% Including 0.65g added salt بما في ذلك 0.65 جم ملح مُضاف |
| Total Carbohydrate 11g | إجمالي الكربوهيدرات 11 جم 4.2% |
| Dietary Fiber 3.0g | الألياف الغذائية 3.0 جم 10.7% |
| Total Sugars 0g | 0% including <0g added sugar إجمالي السكريات 0 جم شامل لـ <0 جم من السكر المُضاف |
| Protein 13g | البروتين 13 جم 26.2% |
| Potassium 654mg | البوتاسيوم 654 ملجم 13.9% |
| Magnesium 50.4mg | المغنيسيوم 50.4 ملجم 12.0% |
| Iron 3.9mg | الحديد 3.9 ملجم 21.6% |
| Vitamin B6 0.31mg | فيتامين B6 0.31 ملجم 15.5% |
| Vitamin B1 0.23mg | فيتامين B1 0.23 ملجم 16.4% |

*% Daily Values are based on a 2,000-calorie diet. Your daily value may be higher/lower depending on your calorie needs. ***Please see our website for full details regarding amino acid profile.

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THRYVE™

ثرايف

Born to Thryve



100% PLANT-BASED TIKKA

دجاج تكا نباتي 100 %

Cooking instructions (Chilled Product)

Thaw the Frozen Thryve Tikka overnight in chiller. Preheat the Electric Fry Top to 170 C or Gas Fry Top to Medium Heat. Add a little oil to the fry top and add the chilled Thryve Tikka. Cook for 2-4 minutes, turning occasionally until the core temperature reaches 75 C.

Cooking instructions (Frozen Product)

Preheat the Electric Fry Top to 170 C or Gas Fry Top to Medium Heat. Add a little oil to the fry top and add the frozen Thryve Tikka. Cook for 5-7 minutes, turning occasionally until the core temperature reaches 75 C.

Ingredients

Water, Protein (Faba, Pea, SOYA), Vegetable Oil (Rapeseed, Flaxseed), Chickpea, Lemon Juice, Herbs and Spices (Cumin, Coriander, Paprika, Black Pepper, Chilli Powder, Ginger, Allspice) Salt, Garlic, Yeast Extract.

NUTRITIONAL INFORMATION

القيمة الغذائية

| | |
|---|---|
| 133 servings per container | 133 حصص لكل عبوة |
| Serving Size: Approx. 75g | حجم الحصة: حوالي 75 ج |
| Amount per 100g | %* القيمة الغذائية في 100 جم |
| Calories 176 | السعرات الحرارية 176 8.8% |
| Total Fat 9g | إجمالي الدهون 9 جم 12.9% |
| Saturated Fat 0.9g | الدهون المشبعة 0.9 جم 4.5% |
| Trans Fat 0g | الدهون المتحولة 0 جم 0% |
| Omega 3 1.3g | أوميغا 3 1.3 جم 216.7% |
| Omega 6 2.6g | أوميغا 6 2.6 جم 162.5% |
| Omega 9 5.5g | أوميغا 9 5.5 جم 45.8% |
| Cholesterol 0mg | الكوليسترول 0 ملجم 0% |
| Sodium 434 mg | الصوديوم 434 ملجم 18.9% |
| Salt 1.09 g Including 0.24g added salt | ملح 1.09 جم بما في ذلك 0.24 جم ملح مضاف 18.2% |
| Total Carbohydrate 4.5g | إجمالي الكربوهيدرات 4.5 جم 1.7% |
| Dietary Fiber 7.8g | الألياف الغذائية 7.8 جم 27.9% |
| Total Sugars 0g Including <0g added sugar | إجمالي السكريات 0 جم بما في ذلك <0 جم سكر المضاف 0.7% |
| Protein 20g | البروتين 20 جم 40.0% |
| Potassium 433mg | البوتاسيوم 433 ملجم 21.7% |
| Magnesium 42.7mg | المغنيسيوم 42.7 ملجم 13.8% |
| Iron 2.7mg | الحديد 2.7 ملجم 12.3% |
| Vitamin B1 0.74mg | فيتامين B1 0.74 ملجم 61.7% |
| Vitamin B6 0.41mg | فيتامين B6 0.41 ملجم 31.5% |
| Vitamin B12 0.23mcg | فيتامين B12 0.23 ميكروملجم 9.6% |

* Daily Values are based on a 2,000-calorie diet. Your daily value may be higher/lower depending on your calorie needs. ***Please see our website for full details regarding amino acid profile.

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Practical Information:

Country of origin:
United Arab Emirates

**Transportation and storage
requirements:**

Product must be stored and shipped at
-23°C to -18°C for best quality and shelf life.
No exposure to temperature extremes
above 30°F (-1°C) and below
-20°F (-29°C)

Shelf Life:
15 months

Primary packaging:
Biodegradable Freezer Bags w/zip, 30x40.
Total weight with frozen plant-based meat
2 kg

Secondary packaging:
Carton box with 5 bags per carton box.
Total weight 10 kg

THRYVE™ Signature Menu

We are born in the Middle East, the home of our hero plant - the Faba Bean. Rooted in local culture & taste. Inspired by nature. Nurtured with ancient wisdom. Harvested for the next era of regenerative sustainable food.

The Faba Bean is a powerhouse of nutrition, an excellent source of micro & macronutrients. It's not only packed with complete plant-based protein, it also contains dietary fiber, minerals and vitamins.

The Faba Bean is an ancient crop, born in the Middle East 10,000 years ago. This small bean is climate-smart, healing and enriching soil with nitrogen through its magical roots. By consuming food crafted with Faba Bean you are giving back, boosting the sustainable development of agriculture.

Classic Style

THRYVE™ Plant-Based Chicken

Savory & Tender

THRYVE™ Plant-Based Mince

Savory & Tender

Good Food Fast Style

THRYVE™ Plant-Based Burger

Juicy & Savory

THRYVE™ Plant-Based Chicken Burger

Tender & Crispy

THRYVE™ Plant-Based Chicken Nuggets

Tender & Crispy

THRYVE™ Plant-Based Chicken Pops

Tender & Crispy



Arabic Style

THRYVE™ Plant-Based Shish Tawook

Fruity, Tangy & Warm - Marinated with Omani Loomi

THRYVE™ Plant-Based Shawarma

Earthy, Tangy & Warm - Marinated with Aleppo & Cinnamon

THRYVE™ Plant-Based Chicken Kabsa Chunks

Earthy & Warm - Marinated with Bezar

THRYVE™ Plant-Based Kofta

Bright, Warm & Earthy - Spiced with Baharat & Turmeric

Indian Style

THRYVE™ Plant-Based Tikka

Spicy & Tangy

Born to Thryve

100% Plant-Based THRYVE™ Signature Recipes

THRYVE™ Plant-Based Classic Chicken

THRYVE 100% Plant-Based Classic Chicken Salad Bowl
(Ve) (SOY)*

THRYVE™ Plant-Based Mince

THRYVE 100% Plant-Based Mince, served as Manakeesh
with 7 Spice, Parsley, Tomatoes & Pine Nuts
(Ve) (SOY) (N)*

THRYVE™ Plant-Based Burger

THRYVE 100% Plant-Based Burger, Multi-Seed Bun,
Pea Shoots, Pickled Pink Onion, Amaranth Microgreens
with Vegan Mayonnaise
(Ve) (SS)*

THRYVE™ Plant-Based Chicken Burger

THRYVE 100% Plant-Based Chicken Burger, Sesame Brioche
Bun, Microgreens, Red Cabbage, Pickles with
Vegan Burger Sauce
(Ve) (SOY) (SS)*

THRYVE™ Plant-Based Chicken Nuggets

THRYVE 100% Plant-Based Chicken Nuggets, Arabic BBQ Sauce
(Ve) (SOY)*

THRYVE™ Plant-Based Chicken Pops

THRYVE 100% Plant-Based Chicken Pops
Served with Dynamite Sauce
(Ve) (SOY)*

*May contain Sulphites

THRYVE™ Plant-Based Shish Tawook

THRYVE 100% Plant-Based Shish Tawook, Roasted Peppers & Onions, served with Arabic Bread and Toun.
(Ve) (SOY)*

THRYVE™ Plant-Based Shawarma

THRYVE 100% Plant-Based Shawarma, Arabic bread, Lettuce, Pickles with Toun
(Ve) (SOY)*

THRYVE™ Plant-Based Chicken Kabsa Chunks

THRYVE 100% Plant-Based Chicken Kabsa Chunks, served over Rice cooked with Tomatoes, Onions, Ginger, Garlic, Chilies and garnished with Raisins, Slivered Almonds & Parsley
(Ve) (SOY) (N)*

THRYVE™ Plant-Based Kofta

THRYVE 100% Plant-Based Koftas, Quinoa Salad with Tomatoes, Pomegranates, Parsley and Mint with Lemon Hummus
(Ve) (SOY) (N)*

THRYVE™ Plant-Based Tikka

THRYVE 100% Plant-Based Tikka, served with Garlic Naan Bread, Onions and Mint Sauce
(Ve) (SOY)*

*May contain Sulphites

THRYVE™ Plant-Based Classic Chicken Recipe

THRYVE™ 100% Plant-Based Classic Chicken Salad Bowl

(Ve) (SOY)*

Recipe

75g THRYVE 100% Plant-Based Classic Chicken
80g Romaine Lettuce, chopped
3 Cherry Tomatoes, quartered
30g Cucumber, cut into bite size peices
5 Olives, halved and stones removed
1 Radish, sliced thinly
2 tbsp Pomogranete Seeds
A few Pea Shoots
5 Fresh Mint Leaves, roughly chopped
Half a Clove of Garlic, finely chopped
Juice from a Lemon
Salt & Pepper to taste
Olive or rapeseed oil

Method

- 1 Heat 1tsp of oil on the fry top over a medium heat. Add the finely chopped garlic and cook for 1 minute. Then add the THRYVE Classic Chicken and cook as per cooking instructions below. Towards the end of cooking, add the lemon juice, salt and pepper to taste.
2. Prepare a salad dressing by combining lemon, olive oil, salt and pepper to taste.
3. Assemble the salad by combining the herbs and vegetables and toss through the salad dressing.
4. Serve the warm or cooled chicken on top of your salad.

Cooking Instructions

Cook from frozen. Ensure product is cooked through before serving. Cooking instructions are given as a guide, cooking temperature and time may vary. Do not reheat once cooked.

Preheat the Electric Fry Top to 170 C or Gas Fry Top to Medium Heat. Add a little oil to the fry top and add the frozen Thryve Classic Chicken. Cook for 5-7 minutes, turning occasionally until the core temperature reaches 75 C.

THRYVE™ Plant-Based Mince Recipe

**SFIHA THRYVE™ 100% Plant-Based Mince with local
7 Spice, Parsley, Tomatoes & Pine Nuts**
(Ve) (SOY) (SS) (N)*

Recipe

100g THRYVE 100% Plant-Based Mince
1 Mini Arabic Bread or Pizza Base
1tsp Arabic 7 spices, or to taste
1 Tomato, chopped into small cubes
1tsp Tomato paste
1tsp Parsley, finely chopped
1stp Mint, finely chopped
1/4 brown onion
10 Pine nuts
1tsp Tahini
1/4tsp Pomegranate molasses
Salt & Pepper to taste

Method

1. Bake the Arabic bread or pizza base in the oven to warm through.
2. In a non-stick frying pan over a medium heat, cook onions until brown. Then add THRYVE Mince and Arabic 7 spices. Cook for 2-3 minutes to brown the meat.
3. Then add tomato paste and pomegranate molasses and cook out for 1 minute.
4. Add tomatoes and pine nuts and warm through for 1-2 minutes. Then add some of the parsley and mint, stir through and season to taste.
5. Add a little water to the tahini to make it more spreadable and spread onto the warmed bread.
6. Then add the Mince mixture on top.
7. Add a little fresh parsley before serving.

Cooking Instructions

Cook from frozen. Ensure product is cooked through before serving. Cooking instructions are given as a guide, cooking temperate and time may vary. Do not reheat once cooked.

To Pan Fry, preheat 1-2tsp of oil in a non-stick pan over medium heat. Add 100g of Thryve Mince and cook for 5 minutes, stirring occasionally.

THRYVE™

Plant-Based Burger Recipe

**THRYVE™ 100% Plant-Based Burger, Multi-Seed Bun,
Pea Shoots, Pickled Pink Onion, Amaranth
Microgreens with Vegan Mayonnaise**
(Ve) (SS)*

Recipe

113.5g or 1 THRYVE 100% Plant-Based Burger
1 Multi-seed Bun (Gluten Free)
20g Pea shoots
1 Red Onion, sliced into thin rings
500ml White Vinegar
2tsp Caster Sugar
2tsp Salt
10g Amaranth Microgreens
20g Vegan Mayonnaise

Method

1. Slice through the center of the bun and toast inside in a pan.
2. Make pickled pink onions by combining vinegar salt and sugar to taste and the red onion rings. Allow to sit for approx. 30 mins until the onions turn pink.
3. Cook THRYVE Burger as per cooking instructions below.
4. Assemble the burger. Add mayo to the bun base, then pea shoots, the burger patty, pickled pink onion, amaranth sprouts and the bun lid.

Cooking Instructions

Cook from frozen. Ensure product is cooked through before serving. Cooking instructions are given as a guide, cooking temperate and time may vary. Do not reheat once cooked.

To air fry, set the temperature to 200°C. Sprinkle 1 THRYVE Burger with a little oil and place into the Air Fryer. Cook for 12 minutes, turning half way through cooking.

To pan fry, preheat 1tsp of oil in a non-stick pan over medium heat. Reduce heat to low and fry 1 THRYVE Burger for 15 minutes, turning occasionally.

THRYVE™ Plant-Based Chicken Burger Recipe

**THRYVE™ 100% Plant-Based Chicken Burger,
Sesame Brioche Bun, Microgreens, Red Cabbage,
Pickles with Vegan Burger Sauce**

(Ve) (SOY) (SS) *

Recipe

95g or 1 THRYVE 100% Plant-Based Chicken Burger
1 Sesame Brioche Bun (Gluten Free)
20g Microgreen of your choice e.g. Broccoli/Kale sprouts,
Pea Shoots
20g Red Cabbage, sliced finely
4 Slices of Pickled Cucumbers, to taste
1tbsp Vegan Burger Sauce

Method

1. Slice through the centre of the bun and toast inside in a pan.
2. Cook THRYVE Chicken Burger as per cooking instructions below.
3. Assemble the burger. Add Burger Sauce to the bun base, then the burger patty, red cabbage, microgreens and pickles and the bun lid.

Cooking Instructions

Cook from frozen. Ensure product is cooked through before serving. Cooking instructions are given as a guide, cooking temperate and time may vary. Do not reheat once cooked.

To pan fry, preheat a little oil in a non-stick pan over medium heat. Turn the heat down to low and add 1 Chicken Burger. Cook for 18 minutes, turning occasionally.

THRYVE™ Plant-Based Chicken Nuggets Recipe

**THRYVE™ 100% Plant-Based Chicken Nuggets
with BBQ Sauce**
(Ve) (SOY)*

Recipe

4 THRYVE 100% Plant-Based Chicken Nuggets
1tbsp BBQ Sauce

Method

1. Cook THRYVE Burger as per cooking instructions below.
2. Serve with BBQ sauce.

Cooking Instructions

Cook from frozen. Ensure product is cooked through before serving. Cooking instructions are given as a guide, cooking temperate and time may vary. Do not reheat once cooked.

To pan fry, reheat a little oil in a non-stick pan over medium heat. Turn the heat down to low and add 4 Chicken Nuggets. Cook for 12 minutes, turning occasionally.

To air fry, preheat Air Fryer for 3 minutes at 200°C. Sprinkle the base of 4 Thryve Chicken Nuggets with a little oil and place into the Air Fryer. Cook for 12 minutes, until cooked through.

THRYVE™ Plant-Based Chicken Pops Recipe

**THRYVE™ 100% Plant-Based Chicken Pops
with Dynamite Sauce**
(Ve) (SOY)*

Recipe

8 THRYVE 100% Plant-Based Chicken Pops
1tbsp Dynamite Sauce

Method

1. Cook THRYVE Pops as per cooking instructions below.
2. Serve with Dynamite sauce.

Cooking Instructions

Cook from frozen. Ensure product is cooked through before serving. Cooking instructions are given as a guide, cooking temperature and time may vary. Do not reheat once cooked.

To Oven Cook, preheat the Oven to 200 C. Sprinkle a little oil on the frozen Thryve Pops place onto a tray and into the oven. Cook for 12-14 minutes, turning occasionally until the core temperature reaches 75 C and the crumb becomes crisp.

To Deep Fry, reheat the oil in deep fryer to 180 C. Add frozen Thryve Pops and cook for 2-3 minutes, turning occasionally until the core temperature reaches 75 C and the crumb becomes crisp.

THRYVE™ Plant-Based Shish Tawook Recipe

**THRYVE™ 100% Plant-Based Shish Tawook,
Roasted Peppers & Onions, served with
Arabic Bread and Tourn**
(Ve) (SOY)*

Recipe

75g THRYVE 100% Plant-Based Shish Tawook
1 Arabic Bread (Gluten Free)
1/2 Green Pepper, cut into large cubes
1 Tomato
1/2 Brown Onion, cut into large cubes
50g Parsley, finely chopped
20g Tourn

Method

1. Warm the Arabic bread.
2. Roast Peppers and onions.
3. Cook the Shish Tawook as per the cooking instructions below.
4. Add to a skewer, alternating Thryve chicken and veg.
5. Serve on warmed bread and tourn.

Cooking Instructions

Cook from frozen. Ensure product is cooked through before serving. Cooking instructions are given as a guide, cooking temperate and time may vary. Do not reheat once cooked.

To Air Fry, set the temperature to 180°C. Sprinkle a little oil onto 75g of Thryve Shish Tawook and place into the Air Fryer. Cook for 5 minutes, until cooked through.

To Pan Fry, preheat 1tsp of oil in a non-stick pan over a medium heat. Add 75g of Thryve Shish Tawook and cook for 3-4 minutes, stirring frequently. Add 2tbsp (30ml) of water and continue to cook for another 1-2 minutes, until water has absorbed completely.

THRYVE™

Plant-Based Shawarma Recipes

**THRYVE™ 100% Plant-Based Shawarma, Wrap,
Lettuce, Tomato, Pickles with Toun**
(Ve) (SOY)*

Recipe

75g THRYVE 100% Plant-Based Shish Tawook
1 Arabic Bread (Gluten Free)
1/2 Green Pepper, cut into large cubes
1 Tomato
1/2 Brown Onion, cut into large cubes
50g Parsley, finely chopped
20g Toun

Method

1. Slice tomatoes into rounds.
2. Shred lettuce.
3. Slice pickles into thin batons.
4. Place wrap onto a board, spread Tahini Sauce and over 2/3 of the wrap, add lettuce, tomatoes and pickled.
5. Cook Thryve Shawarma as per cooking instructions below.
6. Add Thryve Shawarma to the wrap and fold to form a Lafino Shawarma wrap.
7. Place into a panini press, if desired.

Cooking Instructions

Cook from frozen. Ensure product is cooked through before serving. Cooking instructions are given as a guide, cooking temperate and time may vary. Do not reheat once cooked.

To Air Fry, set the temperature to 180°C. Sprinkle a little oil onto 75g of Thryve Shawarma and place into the Air Fryer. Cook for 4 minutes, until cooked through.

To Pan Fry, preheat 1tsp of oil in a non-stick pan over a medium heat. Add 75g of Thryve Shawarma and cook for 4-5 minutes, stirring frequently. Add 2tbsp (30mL) of water and continue to cook for another 30 seconds, until water has absorbed completely.

THRYVE™ Plant-Based Chicken Kabsa Chunks Recipe

**THRYVE™ 100% Plant-Based Chicken Kabsa Chunks,
served over Rice cooked with Tomatoes, Onions,
Ginger, Garlic, Chilies and garnished with Raisins,
Slivered Almonds & Parsley.**

(Ve) (SOY) (N)*

Recipe

500g THRYVE 100% Plant-Based Shawarma
2 c (405 g) long-grain or Basmati rice, rinsed, and soaked
for about 30 minutes
4 medium Roma tomatoes, peeled and deseeded
3 tbsp avocado or sunflower oil
2 medium onions, chopped
1/2 inch fresh ginger, grated
1 tbsp tomato paste
2 large carrots, grated
2 tsp kabsah masala
1/2 tsp turmeric
1/2 tsp ground cinnamon
4 cardamom pieces
2 cinnamon sticks
2 dried lemons/limes
1/2 tsp black pepper
2 tsp kosher salt
3.5 c (840 mL) vegetable stock

To Serve

1/2 c toasted almonds
2 tbsp chopped parsley
1/4 c golden raisins
1/4 c pomegranate arils

THRYVE™ Plant-Based Chicken Kabsa Chunks Recipe

**THRYVE™ 100% Plant-Based Chicken Kabsa Chunks,
served over Rice cooked with Tomatoes, Onions,
Ginger, Garlic, Chilies and garnished with Raisins,
Slivered Almonds & Parsley.**

(Ve) (SOY) (N)*

Method

1. Slice 2 tomatoes thinly and purée the other 2. Set aside. Then add the oil and onions to a medium-sized pot set over medium heat. Season with a pinch of salt and cook until the onions are translucent, about 8-10 minutes.
2. Add the ginger, tomato paste, carrots, kabsa masala, turmeric, cardamom pieces, cinnamon sticks, ground cinnamon, dried lemons/limes, black pepper, and salt. Cook until carrots soften and the mixture turns fragrant, about 3-4 minutes.
3. Add the reserved puréed and sliced tomatoes, rice, and vegetable stock. Bring to an even boil, give it a gentle stir, cover, and reduce to the lowest heat setting. Cook until the rice fully absorbs the water, about 10-15 minutes.
4. Uncover, place a clean kitchen towel or paper towel under the lid, and cover again. Allow to continue fluffing for another 10 minutes.
5. Meanwhile, cook the THRYVE Chicken Kabsa Chunks as per instructions below.
6. Give it a gentle stir and transfer to a serving platter. Top with your choice of toasted nuts, chopped parsley, golden raisins, or pomegranate arils and serve immediately with Thryve kabsa pieces.

Cooking Instructions

Cook from frozen. Ensure product is cooked through before serving.

To Air Fry, set the temperature to 180°C. Sprinkle a little oil onto 75g of THRYVE Shawarma and place into the Air Fryer. Cook for 4 minutes, until cooked through.

To Pan Fry, preheat 1tsp of oil in a non-stick pan over a medium heat. Add 75g of THRYVE Shawarma and cook for 4-5 minutes, stirring frequently. Add 2tbsp (30mL) of water and continue to cook for another 30 seconds, until water has absorbed completely.

THRYVE™

Plant-Based Beef Koftas Recipe

THRYVE™ 100% Plant-Based Koftas, Quinoa Salad with Tomatoes, Pomegranates, Parsley and Mint with Lemon Hummus
(Ve) (SS)*

Recipe

100g Tor 2 THRYVE 100% Plant-Based Koftas
100g Cooked Quinoa
(Tip: Cook in vegetable stock for extra flavor)
1 Tomato, chopped into cubes
2 tsp Pomegranate Seeds
1tsp Parsley, finely chopped
1tsp Mint leaves, finely chopped

For the Hummus

40g Hummus
1tsp preserved confit lemons
Zest and juice of half a lemon
1 tsp Tahini
Salt & pepper to taste

Method

1. Combine hummus ingredients to make the lemon hummus.
2. Mix the Cooked Quinoa, tomatoes, pomegranate seeds, parsley and mint together and season to taste.
3. Cook THRYVE Koftas as per below instructions.
4. Add hummus and koftas to the salad.

Cooking Instructions

Cook from frozen. Ensure product is cooked through before serving. Cooking instructions are given as a guide, cooking temperate and time may vary. Do not reheat once cooked.

To Air Fry, set the temperature to 180°C. Sprinkle a little oil onto the base of 2 THRYVE Koftas and place into the Air Fryer. Cook for 10 minutes, until cooked through.

To Pan Fry, preheat 1tsp of oil in a non-stick pan over medium-low heat. Add 2 THRYVE Koftas and place a lid onto the pan. Fry for 10 minutes, turning occasionally.

THRYVE™ Plant-Based Tikka Recipe

**THRYVE™ 100% Plant-Based Tikka, served with
Garlic Naan Bread, Onions and Mint Sauce**
(Ve) (SOY)*

Recipe

75g THRYVE 100% Plant-Based Tikka
1 Garlic Naan Bread (Gluten Free)
½ Red Onion, cut into rings
Lemon wedges
50g vegan yoghurt or coconut yoghurt
5 mint leaves chopped finely
2 sprigs of coriander chopped finely
1 tsp lemon/lime juice
Pinch of salt

Method

1. Warm the Naan breads.
2. Cook the Thryve Tikka as per the cooking instructions below or add to Skewers and cook in a Tandoor oven.
3. Prepare the mint sauce by combining the vegan yoghurt, lemon/lime juice, mint, coriander and a pinch of salt.
4. Serve together with lemon wedges to squeeze over the Thryve Tikka.

Cooking Instructions

Cook from frozen. Ensure product is cooked through before serving. Cooking instructions are given as a guide, cooking temperature and time may vary. Do not reheat once cooked.

Preheat the Electric Fry Top to 170 C or Gas Fry Top to Medium Heat. Add a little oil to the fry top and add the frozen Thryve Tikka. Cook for 5-7 minutes, turning occasionally until the core temperature reaches 75 C.



Born to Thryve

Advantages of collaboration with THRYVE™

Our Commitment to Category Creation:
by spearheading a transition towards healthy
and sustainable eating in GCC

Unique and Sustainable Supply Chain:
local manufacturing, innovative and agile

Diverse Portfolio Assortment:
serving up both local and western dishes

Healthy Nutrition:
clean and balanced micro-micronutrition product
design with supporting nutritional benefits

Sustainability:
LCA driven approach to measuring and
communicating sustainability benefits

Cutting Edge Technology:
blending ancient crops with cutting edge
technology, unlocking superior texture and
enjoyable taste

High Focus on Quality:
Vegan, Gluten Free, Halal Certified.
BRCGS soon-to-be certified in March 2023

Open for Co-Creation:
we will support in curating menus, advising on
nutrition and sustainability impact of your
professional kitchen by integrating THRYVE™



**“Alone we make
a difference,
but together
we create change”**

**We are born to
THRYVE**

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