



Guidelines for cooking and serving Impossible™

"Chicken" Nuggets Made From Plants in your restaurant.

How to **Cook** Impossible "Chicken" Nuggets

If you know how to cook nuggets from chicken, you already know how to cook Impossible "Chicken" Nuggets.

Simple Storage & Handling

- Impossible "Chicken" Nuggets are perishable
- Should be **kept frozen at all times** and cooked before the indicated best before date
- Shelf Life is **15 months frozen**

Cooking Instructions

Impossible "Chicken" Nuggets are **easy to prepare and quick to reheat**:

- Place frozen nuggets evenly across the fry basket
- For best results, **fry 185 °C 2.5 Minutes**
- Nuggets are fully reheated when internal temperature reaches 71°C
- **Serve while hot** and fresh out of the fryer

What are the key ingredients in Impossible "Chicken" Nuggets?

- Wheat Flour
- Plant Protein (Soy)
- Soybean Oil
- Sunflower Oil



How to **Talk** about Impossible "Chicken" Nuggets

Here's a training cheat sheet that covers the most common questions:

What are Impossible "Chicken" Nuggets?

They are delicious, crispy, tender nuggets made from plants for chicken lovers.

Why should I try them?

Delicious: Impossible™ "Chicken" Nuggets Made From Plants are so good, they beat a leading animal chicken nugget in a blind taste test 65% to 35%.¹ With a golden-brown crispy breading and tender juicy bite, they're made for people who love chicken.

Better for the planet: Impossible "Chicken" Nuggets use **55% less water, 24% less land, and generate 24% less GHG emissions** than animal chicken nuggets.²

Nutrition: Impossible "Chicken" Nuggets are 100% animal-free, contain 10g of protein per serving, and have **25% less sodium** compared to animal chicken.³

Do they contain allergens?

They contain soy and wheat.

Are they vegan?

Impossible "Chicken" Nuggets are 100% animal-free and safe for vegans to eat, but they're really made for people who love eating meat — which is why we don't call them "vegan" or "faux."

If offering an Impossible™ menu item to a vegan customer, be sure to check with the kitchen staff on whether the dish can be prepared without animal products.

Contact Us

For more information, please reach out to your **Impossible Foods or Wholesaler sales rep.**

1. Based on a study of 214 participants in the U.K in January, 2022. For more information, please see impossiblefoods.com/gb-en/claims.

2. Compared to average animal-based manufacturing process production. For more information, please see impossiblefoods.com/gb-en/claims.

3. The UK's CoFID data on chicken nuggets have 1.1g salt while Impossible Nuggets have 0.8g salt and 10g protein per 80g serving.