



## NEW-MEAT™\* COOKING GUIDE

# REDEFINE BEEF FLANK

## PLANT BASED FLANK CUT - BEEF STYLE



### MAIN INGREDIENTS<sup>1</sup>

- Protein: Soy Protein & Pea Protein
- Fat: Coconut Fat & Rapeseed Oil

### ALLERGENS<sup>2</sup>

**Soy, Wheat, Barely, Mustard.** May also contain other Cereals containing Gluten, Nuts, Peanuts, Lupin, Sesame, Celery.

### GENERAL GUIDELINES

#### Handling:

- This product is only suitable for consumption after cooking. Follow the suggested preparation method.
- Do not eat or serve raw.

#### Freezing/Defrosting:

- Before use, thaw, under refrigeration, the desired amount needed, for 8 hours.
- After thawing, the product must be stored in the refrigerator for no longer than 48 hours before cooking.
- DO NOT REFREEZE!

#### Shelf life/Storage:

- Keep frozen at or below (-18°C) for up to 60 days, before thawing.

#### Serve

- For best results serve hot.

### PREPARATION

Remove the product from the refrigerator.



#### IN A SAUTÉ PAN OR ON A GRILL:

1. Slice the Redefine Beef Flank against the grain into three 3cm wide pieces.
2. Rub generously with oil, this will prevent the flank from adhering to the pan/grill.
3. Pan sear or grill the cuts over medium/high heat, for about 4-5 minutes per side. When done the measured internal temperature taken at the center of the product should read 72°C.
4. Remove the flank from the pan or grill. Slice each, along the grain, into 10 small 1/2-1cm thick, slices, for a total of 30 slices.
5. Before serving, season with coarse salt, crushed black pepper and olive oil.



\* Redefine Meat Ltd. products are plant-based, made with non-GMO ingredients and do not contain any animal-based ingredients or by-products.

<sup>1</sup> Please refer to the printed material on our packaging for the most up to date product information.

<sup>2</sup> Although our product line is manufactured in a vegetarian facility on a vegan production line, we like to err on the side of caution. Therefore, we include any allergen, like eggs and dairy products that might be present in other sections of the manufacturing facility. None of our products contain eggs or dairy products!







Redefine Beef Flank Brochettes



Redefine Beef Flank "Brisket" Sandwich



Redefine Beef Flank, Seared King of the Forest Mushrooms, Portobello Mushroom Sauce

## SERVING RECOMMENDATIONS

Visit our [recipe page](#) for inspiration and share your creations with us on Social Media [@redefinemeat](#)

## TIPS

- This product is best when served with a sauce, check our web resources for recipes.
- Continuously flipping the flank while cooking will achieve an evenly cooked, juicy result, every time.
- If browning too fast, reduce heat and continue to cook rotating the flank till fully cooked.
- Remember success in the kitchen, to paraphrase Thomas Edison, is "%1 inspiration and %99 perspiration". Be creative!

## FIND INSPIRATION FROM OUR PARTNERS



New-Meat<sup>MT</sup> Flank Steak, Pumpkin, Sage



Redefine Bourguignon



Redefine Beef Flank Steak

For more information, contact your REDEFINE MEAT Sales rep or drop us a line at [partners@redefinemeat.com](mailto:partners@redefinemeat.com)



Watch Video:  
HOW TO COOK?  
[www.redefinemeat.com](http://www.redefinemeat.com)



\* Does not contain animal-based ingredients