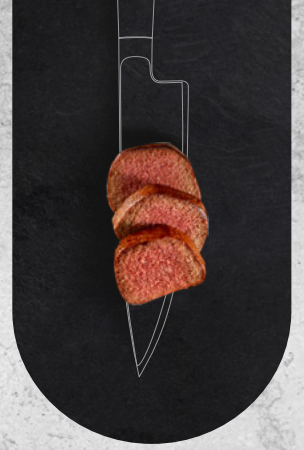


P R O

REDEFINE™  
MEAT

## NEW-MEAT\* COOKING GUIDE

# REDEFINE TENDERLOIN



### 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 using, thaw the desired amount needed, in the refrigerator at 4°C for 12 hours.
- After thawing, the product must be stored in the refrigerator for no longer than 48 hours before cooking.
- DO NOT REFREEZE

#### Storage:

- Before use, keep frozen at or below (-18°C) before thawing.

#### Serve:

- For best results serve hot.

#### Note:

- For the most up to date product information including ingredients and allergens, please refer to the printed material on the packaging.

### PREPARATION

Remove the product from the refrigerator.



#### IN A SAUTÉ OR FRYING PAN:

1. Heat 2 tablespoons of oil in a sauté/frying pan over medium/high heat.
2. Lightly oil the Redefine Tenderloin and then sauté/pan sear for 2 minutes per side. When done the measured internal temperature taken at the centre of the product should read 72°C.
3. Remove from pan and cut into 2 cm thick slices.
4. Return the slices to the pan and lightly brown them for another 30 seconds per side.
5. Before serving, we recommended seasoning with coarse salt, crushed black pepper and olive oil.
6. Season the finished Redefine Tenderloin with olive oil, coarse salt, and black pepper.



#### GRILLING:

1. Heat a grill to medium/high heat.
2. Lightly oil the Redefine Tenderloin.
3. Grill on all sides turning it every few minutes to achieve even cooking, for 2 minutes per side. When done the measured internal temperature taken at the centre of the product should read 72°C.
4. Remove from grill and cut into 2 cm thick slices.
5. Return the slices to the pan and lightly brown them for another 30 seconds per side.
6. Before serving, we recommended seasoning with coarse salt, crushed black pepper and olive oil.



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



## SERVING RECOMMENDATIONS



Redefine Tenderloin with Chimichurri



Redefine Beef Wellington



Redefine Tenderloin, Polenta and Caponata

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 tenderloin while cooking will achieve an evenly cooked, juicy result, every time.
- If browning too fast, reduce heat and continue to cook rotating the tenderloin till fully cooked.
- The recommended slice thickness: is 1cm.
- Remember success in the kitchen, to paraphrase Thomas Edison, is "1% inspiration and 99% perspiration". Be creative!

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