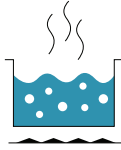


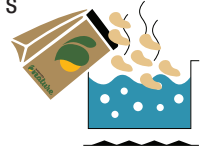
Nature's PRIME[®] Cooking Instructions



- 1 Add 10 cups of water or broth to a 3-4 quart size pot and bring to a rolling boil.



- 2 Stir in one package of Nature's PRIME protein.



3 **Mini Bits, Bits, Large Bits, Shreds or Slices**

Keep on low boil for **10 minutes**, stirring occasionally. For more tender product, increase the cooking time.

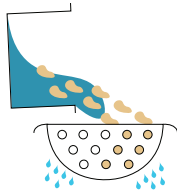
Mini Pieces, Poppers, Nuggets or Tenders

Keep on low boil for **15 minutes**, stirring occasionally. For more tender product, increase the cooking time.

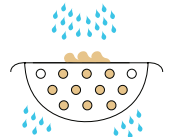
Chunks, Filets or Large Filets

Keep on low boil for **20 minutes**, stirring occasionally. For more tender product, increase the cooking time.

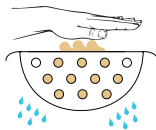
- 4 Pour into a large strainer.



- 5 Run cold water over cooked Nature's PRIME protein until cool to the touch.



- 6 Press firmly to remove excess water.



- 7 Add to your favorite recipe and enjoy!



IMPROVED
nature[®]
Better Protein for a Better Planet™

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Nature's PRIME[®] Preparation, Seasoning, Cooking and Storage Tips

How many different ways can I cook Improved Nature products?

Nature's PRIME products need to be boiled as a first step in the preparation process. Our convenient resealable packaging features cooking instructions. Once the product is hydrated, we recommend that you cook it the same way you would prepare actual chicken, beef or pork—making it an easy recipe replacement. After hydration, Improved Nature products can be fried or sautéed on the stovetop, cooked in the oven, in an air fryer, in a crockpot, in a casserole, grilled or batter breaded and fried.

A MEAL DEAL



1 lb of Nature's PRIME equals 5 lb of plant-based protein when boiled, so 4 oz of Nature's PRIME may be all you need for a single recipe.

Tips for Flavorful Seasoning When Boiling

Season the water used for boiling Nature's PRIME.

1. Add onion, garlic powder and your desired dry herb seasonings/spices to create a deep flavored cooking liquid.
2. Experiment with variations and amounts to create your own richly seasoned broth or use premade broths and bouillon cubes.

HINTS:

- Lightly season water with salt or use low sodium broth. Using too much salt can result in a chewy texture.
- For a cooked beef color, add Kitchen Bouquet Browning & Seasoning Sauce, a vegan and gluten-free product, to flavor/add color to cooking water or broth.
- To add some heat or kick to a recipe, add your favorite hot sauce or spice seasoning to the cooking water or broth.

Tips for Marinating to Create Flavorful and Tasty Dishes

1. Boil Nature's PRIME according to package directions and carefully press to remove excess liquid.
2. Marinate with prepared or freshly made dressings, sauces or salsas and refrigerate for 2-3 hours.

HINT:

- Refrigerate overnight for even bolder flavors.

Tips for Pan Sautéing

Nature's PRIME Tenders, Nuggets, Poppers and Filets are easy to sauté.

1. Boil Nature's PRIME according to package instructions, carefully press to remove excess liquid and pat dry.
2. Lightly coat in seasoned flour, cook both sides in hot oil to a light golden brown. Next, if desired, add favorite sauce to pan, mix and heat thoroughly.
3. Dip in favorite dressings or dipping sauces.

Nature's PRIME products taste great in wraps, sandwiches and as salad toppers.

Tips for Batter Breading and Frying

Nature's PRIME Tenders, Nuggets, Poppers and Filets can be breaded and fried.

1. Boil Nature's PRIME according to package instructions, carefully press to remove excess liquid and pat dry.
2. Lightly coat all sides in seasoned flour, immerse in favorite batter, (buttermilk or egg, etc.) coat fully in seasoned breading/flour. Cook in an Air Fryer, frying pan or deep fry until golden brown on all sides.
3. Dip in favorite dressings or dipping sauces.

Nature's PRIME products taste great in wraps, sandwiches and as salad toppers.

Tips for a Grilled Appearance

Nature's PRIME Tenders and Filets can be grilled.

1. Boil Nature's PRIME according to package instructions, carefully press to remove excess liquid and pat dry.
2. Brush both sides with oil, place on hot outdoor or indoor grill pan, quickly grill on each side to form a golden color.

Great for fajitas, in wraps, in sandwiches and as salad toppers.

(Continued)

Can I Use Nature's PRIME in a Casserole Recipe?

Yes, Nature's PRIME can be easily used in your favorite casserole recipes. Nature's PRIME products will retain their shape and textural quality. Simply cook products according to package directions, carefully press to remove excess liquid and then add them directly to your recipe.

HINT:

- For a firmer texture, Cook Nature's PRIME according to package directions, reduce boil time by 2-3 minutes. Gently press longer to remove additional liquid. Pressing out excess liquid allows for better flavor absorption when cooking in a casserole.

Can I Use Nature's PRIME in a Crock Pot?

Nature's PRIME can absolutely be added to your slow-cook dishes and will retain its shape and textural quality. Cook according to package directions, carefully press to remove excess liquid and then add directly to your recipe.

HINT:

- For a firmer texture, Cook Nature's PRIME according to package directions, reduce boil time by 2-3 minutes. Gently press longer to remove additional liquid. Pressing out excess liquid allows for better flavor absorption when cooking in a crock pot.

Can I Use Nature's PRIME in a Pressure Cooker?

We do not recommend cooking Nature's PRIME in pressure cookers such as an Instant Pot.

How Do I Store Improved Nature Products?

Nature's PRIME products are preservative free and shelf-stable for up to two years from production date (keep in a dry, closed package). After boiling, Nature's PRIME needs to be either refrigerated or frozen as you would with real meat. Visit <https://www.fda.gov/media/74435/download> for the U.S. Food & Drug Administration refrigerator and freezer storage chart.

HINT:

- Keep cooked Nature's PRIME on hand in the refrigerator for convenient use in quick and easy dishes.



Mexican-inspired Tacos with Nature's PRIME Shreds
Toni Okamoto @Plant-BasedOnABudget



Nature's PRIME Nuggets Vegan Mongolian Chicken
Sarah McMinn @MyDarlingVegan



Squash with Nature's PRIME Mini Pieces
Nava Atlas, The Vegan Atlas



Nature's PRIME Slices Tikka Masala

Visit the RECIPES page at [ImprovedNature.com](https://www.improvednature.com) for delicious inspiration.



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