



HOW TO COOK IMPOSSIBLE™ CHICKEN FILLETS MADE FROM PLANTS



Impossible's tender, juicy, delicious plant-based chicken can be prepared just like animal chicken breast - grilled in a sandwich, smothered in marinara sauce and baked as a delicious chicken parm, sliced and stir fried with veggies, or battered and fried in a crispy chicken sandwich - the mouth watering options are endless.

KEY INGREDIENTS

- Soy Protein
- Sunflower Oil
- Soybean Oil (Less than 2%)

SIMPLE STORAGE & HANDLING

- Perishable, keep frozen or refrigerated at all times. Cook before the indicated best by date.
- For best results, thaw before use. To thaw, space fillets in a single layer on a tray, cover tray in film, and thaw in refrigerator. Refrigerate for up to 10 days.

COOKING INSTRUCTIONS

- **Fully cooked**, reheat thoroughly to an internal temperature of 145°F. Adjust cook times as needed until fillets are fully reheated.
- **Grill**: Heat grill over high heat and oil grates. Place fillets on grill, flipping every 4-6 minutes.
- **Flat Top**: Heat surface over medium-high heat and add oil to coat surface. Place fillets on surface, flipping every 4-6 minutes.
- **Oven**: Preheat oven to 350°F and bake
- **Bread and Fry**: cook settings will depend on the bread and fry system, please contact your Impossible rep for tips and suggestions. Exercise caution with high temperatures.

SERVE WHILE HOT AND FRESH FOR BEST RESULTS

IMPOSSIBLE MENU INSPIRATION



SLICED INTO A STIR FRY



ROASTED WITH VEGGIES



COOKED ON A FLAT TOP



BREADED AND FRIED



BREADED AND FRIED IN A SANDWICH



GRILLED IN A SANDWICH

CONTACT US

For more information, reach out to your **Impossible Foods sales rep or [Hello@ImpossibleFoods.com](mailto>Hello@ImpossibleFoods.com)**. You can also **visit our website** for more inspiration.



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