

eat meati™

NUTRITION GUIDE | 2023



☞ You believe that food has the power to change the world.

☞ We want to feed the world with nutritious protein forever.

We at Meati are committed to providing food that makes people feel good about the choices they are making for their families and their futures. To accomplish that goal, we spent years exploring promising sources of remarkable nourishment and working with top chefs to craft a tasty, wildly nutritious protein that we believe will help you build healthy diets that account for people's busy schedules, demands for deliciousness, and concerns about sustainability.

Amid the many alternative meats flooding supermarket shelves, Meati stands out for being a whole-cut option made of 95% mushroom root (also known as mycelium) that can take a starring role in the center of the plate. Our food's one-of-a-kind nutritional profile may make it tempting to call it a "super-protein." It doesn't just provide significant protein and other benefits of animal-based options, it also delivers the fiber, vitamins, you normally find in plants. And it does all this with no cholesterol or sugar. As an example, our Classic Cutlet provides 17 grams of complete protein and 8 grams of fiber. It is also a good source of iron, zinc, B vitamins, and other essential nutrients.

We believe that nutritional profile and other aspects of Meati make it an island of good energy in the ocean of 40,000 to 50,000 products filling supermarkets today¹. Its taste and texture will leave meat eaters and vegetarians alike hungry for more. It can rest safely in freezers for a year, and can be cooked in all kinds of ways in minutes, and easily absorb people's favorite flavors. And as people become increasingly concerned³ with the connections between food systems and the environment — and the dependence of individual health on the broader health of our societies and planet — Meati provides peace of mind in spades. Our mushroom root's simple, low-resource growth process makes it a far more viable way to get essential, protein-rich nutrition to billions of people. The production method is highly scalable, and when our first state-of-the-art production facility starts going online later this year, we'll begin to hit the efficiencies that unlock the vast distribution and affordable prices that ensure accessibility.

This guide is a peek into Meati, and I hope it makes it easy for you to consider our food as another tool you can use to help people build healthy diets. Thank you for learning more about our mission to provide nutritious, delicious, sustainable, and affordable food to everyone around the globe, forever. If you're eager to dive even deeper into the details, you'll be happy to hear that we're putting together a team of academic advisors to research and report on every aspect of our mushroom root's incredible nutrition profile. In the meantime, if you have any questions, please send them to our team at nutrition@meati.com. I look forward to hearing from you and learning more about how we can work together to make the world healthier in every way.

Best,

Tyler Huggins

CEO and Co-founder, Meati Foods

¹ Ruhlman, Michael. *Grocery: The Buying and Selling of Food in America*. ABRAMS Press, 2017.

² Purdue. *New report provides insight on consumer food spending, satisfaction, sustainability*. 15 February 2022. Available at:

<https://www.purdue.edu/newsroom/releases/2022/Q1/new-report-provides-insight-on-consumer-food-spending,-satisfaction,-sustainability.html>

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What is Meati?

Meati products are made of at least 95% mushroom root, also known as mycelium, which results in a nutrient-dense whole cut. Mycelium is a bundle of branching fungi filaments that has helped feed human beings for centuries.

Just like a tree's roots, the thread-like structures that underpin mushrooms seek out nutrients. You can find mushroom root in forest floors, in the ocean, in farmer's soil, and just about anywhere this miraculously adaptable living network can find energy to drive its growth.

We convert this mycelium into a complete, whole-cut protein that ends up free of sugar and cholesterol, and is packed with fiber, minerals and vitamins.

The result? Meati products contain 15-17 grams of complete protein, 8 grams of fiber, and only 110-190 calories per serving.

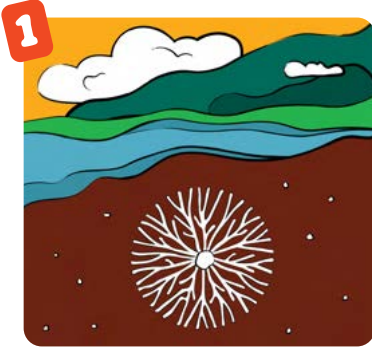
Meati includes iron, zinc and vitamin B12 like cooked steak and chicken.

Meati is a complete, animal-free protein that contains no gluten, GMO ingredients or the 9 most common allergens. These include wheat, milk, soy, egg, peanuts, tree nuts (coconut included), fish, crustacean shellfish, and sesame.



How It's Made

A healthier way to feed the planet



STARTING WITH NATURE. ALWAYS.

We start with the spore of mushroom root, which has a long heritage of use in food and can be found worldwide.



CRAFTED TASTEFULLY

We harvest our whole, mushroom root protein, press it to remove water, and then apply seasoning and other natural flavors.



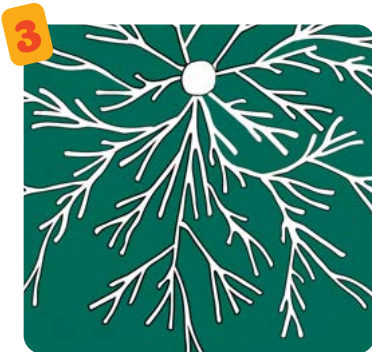
NOURISHING OUR ROOT

We then take great care to give it the sustenance it needs — purified Rocky Mountain H2O, nutrients typically found in soil, and fuel in the form of sugar. That's it.



THE FINAL CUT: A NEW WHOLE FOOD

We serve up to you a whole food that is 95% mushroom root, a complete protein, and is full of fiber and other essential nutrients found in animal protein like iron, B vitamins, and zinc.



THE RIGHT CONDITIONS

After years of research, we discovered the ideal environment for our mushroom root to grow and thrive. We now know the right temperature, fuel, and nutrients to help our root grow efficiently.



DELICIOUS. GOOD ENERGY™. FOR EVERYONE.

As versatile as it is delicious, we take pride in making Meati accessible to everyone — from grocery stores to local restaurants. Meati provides a juicy, tender, and animal-free, whole-food protein to add to your favorite dishes.



OUR RANCH

The Meati “Ranch” was built leveraging similar practices used to make beer and cheese. We grow our animal-free whole food in a “clean environment” which does not require the use of pesticides, growth hormones, or antibiotics, unlike some purveyors of traditional meat. In fact, there are also no cages required, only stainless steel tanks.

A Whole New Food

Resulting in a juicy, tender experience



More and more consumers are looking for simple foods with uncomplicated labels — those with a short list of recognizable ingredients and minimal processing.

Meati products are made of at least 95% mycelium.

Using whole cuts means more creativity and flexibility in the kitchen for home cooks and professionals.

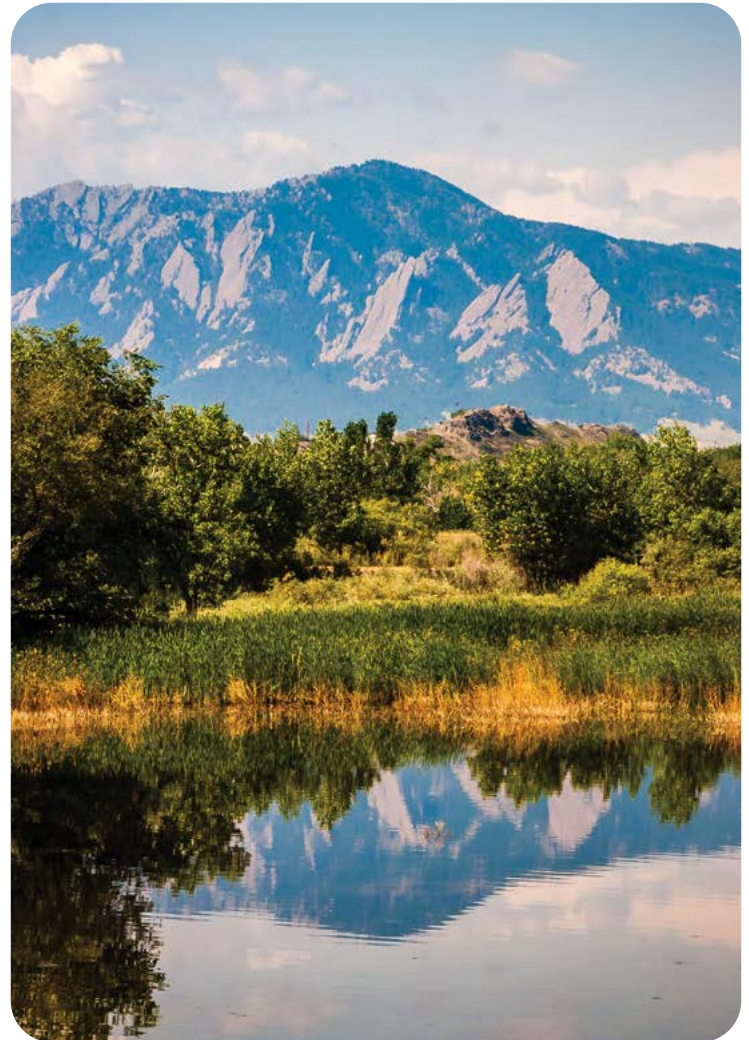
Whether grilled, sautéed, poached or steamed, you always get a juicy, tender, animal-free complete protein that's good for you.

Big Outcomes, Low Environmental Impact

Leveraging an ancient ingredient with a unique growing system at scale

By encouraging our mycelium to grow through fermentation, we can create exponential outcomes with simple inputs.

The Meati “Ranch” was built leveraging similar practices used to make beer and cheese. We grow our animal-free whole food in a “clean environment” which does not require the use of pesticides, growth hormones, or antibiotics, unlike some purveyors of traditional meat. In fact, there are also no cages required, only stainless steel tanks.



Our Suite of Products

Classic Cutlets

The goes-with-everything protein essential



Nutrition Facts

2 servings per container
Serving size One Cutlet (105g)

	Per serving	Per container
	110	210
	% Daily Value*	% Daily Value*
Calories		
Total Fat	1.5g 2%	3g 4%
Saturated Fat	0g 0%	0g 0%
Trans Fat	0g	0g
Cholesterol	0mg 0%	0mg 0%
Sodium	240mg 10%	480mg 21%
Total Carbohydrate	8g 3%	16g 6%
Dietary Fiber	8g 29%	16g 57%
Total Sugars	0g	0g
Includes Added Sugars	0g 0%	0g 0%
Protein	17g 33%	33g 66%
Vitamin D	0mcg 0%	0mcg 0%
Calcium	40mg 4%	70mg 6%
Iron	2.7mg 15%	5.4mg 30%
Potassium	200mg 4%	390mg 8%
Riboflavin	1.17mg 90%	2.33mg 180%
Niacin	8.1mg 50%	16.2mg 100%
Folate	145mcg DFE 35%	285mcg DFE 70%
Vitamin B ₆	0.54mcg 25%	1.08mcg 45%
Pantothenic Acid	3.3mg 70%	6.6mg 130%
Magnesium	30mg 8%	65mg 15%
Zinc	4.7mg 45%	9.3mg 80%
Copper	0.36mg 40%	0.72mg 80%
Choline	85mg 15%	170mg 30%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Mushroom Root, Less than 2% (Salt, Natural Flavor, Acacia Gum, Oat Fiber, Chickpea Flour)



Crispy Cutlets

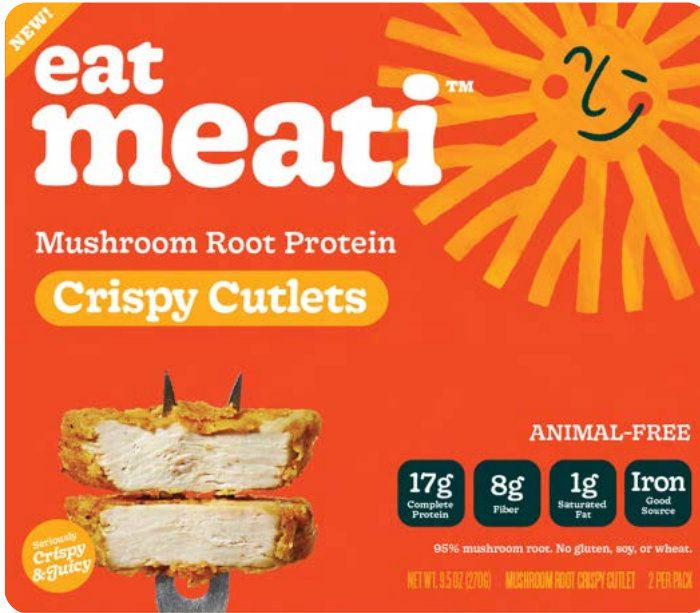
Seasoned, breaded-to-perfection, and protein rich



PLANT BASED



GLUTEN FREE



Nutrition Facts

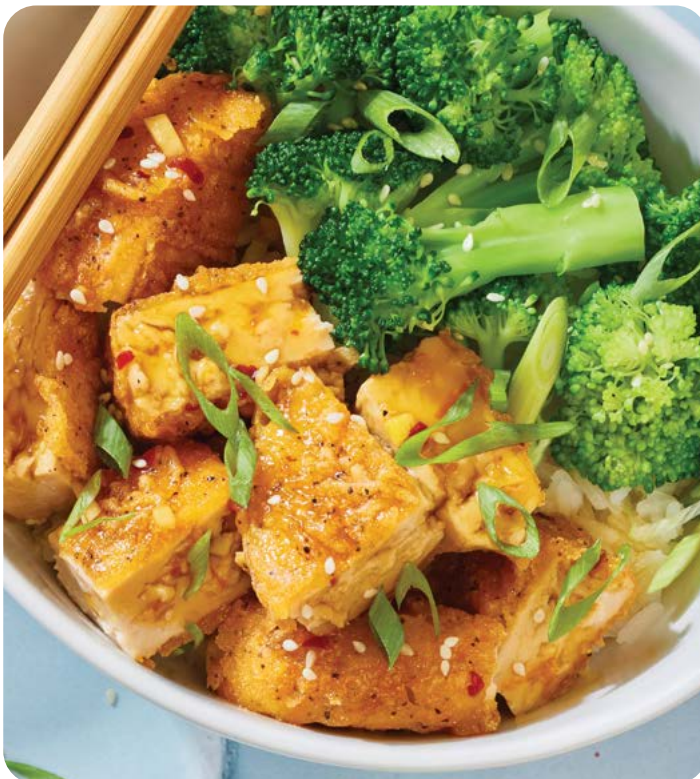
2 servings per container
Serving size

One Cutlet (135g)

	Per serving		Per container	
	190		380	
	% Daily Value*		% Daily Value*	
Calories				
Total Fat	14g	18%	28g	36%
Saturated Fat	1g	5%	2g	10%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	600mg	26%	1210mg	53%
Total Carbohydrate	19g	7%	39g	14%
Dietary Fiber	8g	29%	16g	57%
Total Sugars	0g		0g	
Includes Added Sugars	0g	0%	0g	0%
Protein	17g	33%	33g	66%
Vitamin D	0mcg	0%	0mcg	0%
Calcium	40mg	4%	70mg	6%
Iron	2.9mg	15%	5.8mg	30%
Potassium	200mg	4%	400mg	8%
Riboflavin	1.16mg	90%	2.31mg	180%
Niacin	7.7mg	50%	15.4mg	100%
Folate	145mcg DFE	35%	290mcg DFE	70%
Vitamin B ₁₂	0.58mcg	25%	1.16mcg	50%
Pantothenic Acid	3.3mg	70%	6.6mg	130%
Magnesium	30mg	8%	65mg	15%
Zinc	4.8mg	45%	9.6mg	90%
Copper	0.39mg	45%	0.77mg	90%
Choline	90mg	15%	170mg	30%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Meati Cutlet (Mushroom Root, Salt, Natural Flavor, Acacia Gum, Oat Fiber, Chickpea Flour), Batter and Breading (Rice Flour, Yellow Corn Flour, Potato Protein, Salt, Xanthan Gum, Baking Soda, Disodium Diphosphate, Calcium Phosphate, Spice, Paprika, Paprika Extract), Canola Oil



Classic Steaks

Savory, protein-packed, ready-to-sear



Nutrition Facts

2 servings per container
Serving size **One Steak (120g)**

	Per serving		Per container	
	120		240	
	% Daily Value*		% Daily Value*	
Calories				
Total Fat	0.5g	1%	1g	1%
Saturated Fat	0g	0%	0g	0%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	240mg	10%	480mg	21%
Total Carbohydrate	8g	3%	16g	6%
Dietary Fiber	8g	29%	16g	57%
Total Sugars	0g		0g	
Includes Added Sugars	0g	0%	0g	0%
Protein	15g	30%	30g	60%
Vitamin D	0mcg	0%	0mcg	0%
Calcium	30mg	2%	60mg	4%
Iron	2mg	10%	4mg	20%
Potassium	260mg	6%	520mg	10%
Riboflavin	1.2mg	90%	2.4mg	180%
Niacin	7mg	45%	14mg	90%
Folate	120mcg DFE	30%	240mcg DFE	60%
Vitamin B ₆	1mcg	40%	2mcg	80%
Pantothenic Acid	4mg	80%	8mg	160%
Magnesium	25mg	6%	50mg	10%
Zinc	5mg	45%	10mg	90%
Copper	0.4mg	45%	0.8mg	90%
Choline	85mg	15%	170m	30%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Mushroom Root, Less than 2% (Salt, Natural Flavor, Fruit Juice for Color, Oat Fiber, Vegetable Juice and Lycopene for Color)



Carne Asada Steaks



PLANT BASED



GLUTEN FREE



KETO FRIENDLY

A little cumin, a little paprika, a perfectly zesty cut.



Nutrition Facts

2 servings per container
Serving size **One Steak (125g)**

	Per serving		Per container	
	130		260	
	% Daily Value*		% Daily Value*	
Calories				
Total Fat	1.5g	2%	3g	4%
Saturated Fat	0g	0%	0g	0%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	430mg	19%	860mg	37%
Total Carbohydrate	13g	5%	26g	9%
Dietary Fiber	8g	29%	17g	61%
Total Sugars	0g		0g	
Includes Added Sugars	0g	0%	0g	0%
Protein	15g	30%	30g	60%
Vitamin D	0mcg	0%	0mcg	0%
Calcium	30mg	2%	60mg	4%
Iron	2mg	10%	4mg	20%
Potassium	260mg	6%	520mg	10%
Riboflavin	1.2mg	90%	2.4mg	180%
Niacin	7mg	45%	15mg	90%
Folate	125mcg DFE	30%	250mcg DFE	60%
Vitamin B ₂	1mcg	40%	2.1mcg	90%
Pantothenic Acid	4mg	80%	8mg	160%
Magnesium	25mg	6%	50mg	10%
Zinc	5mg	45%	10mg	90%
Copper	0.4mg	45%	0.8mg	90%
Choline	85mg	15%	170mg	30%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Meati Steak (Mushroom Root, Sea Salt, Natural Flavor, Fruit Juice for Color, Oat Fiber, Vegetable Juice and Lycopene for Color) Seasoning Blend (Dehydrated Garlic, Sugar, Spices, Salt, Paprika, Dehydrated Onion, Cilantro, Olive Oil, Oregano, Natural Flavors, Extractives of Paprika)



Complete Protein Comparison

Meati is the new gold standard of protein because of its low environmental impact.

The Food and Agriculture Organization of the United Nations and the World Health Organization use PDCAAS to evaluate the quality of a food's protein¹.

Meati's protein provides 100 percent of those nine essential amino acids we need to find in our diets, after the protein gets digested. Other foods accomplishing this include cow's milk, eggs, soy and whey.

Our Cutlets provide 15-17 grams of complete protein — 30-33 percent of the Daily Value².

Digestible Indispensable Amino Acid Scores (DIAAS) and Protein Digestibility-Corrected Amino Acid Scores (PDCAAS) for Foods*

Food	DIASS	PDCAAS
Milk Protein Concentrate	1.18	1.00
Whey Protein Isolate	1.09	1.00
Whey Protein Concentrate	0.973	1.00
Soy Protein Isolate (Supro 670, Solae)	0.906	1.00
Soy Protein Isolate (Supro XF, Solae)	0.898	0.979
Pea Protein Concentrate	0.822	0.893
Cooked Peas	0.579	0.597
Cooked Kidney Beans	0.588	0.648
Cooked Rice	0.595	0.616
Cooked Rolled Oats	0.542	0.670
Wheat Bran	0.411	0.525
Roasted Peanuts	0.434	0.509
Rice Protein Concentrate	0.371	0.419
Corn-Based Breakfast Cereal	0.012	0.078

¹FAO Report. Dietary protein quality evaluation in human nutrition. Food and Agriculture Organization, Food and Nutrition Paper 92. Auckland, New Zealand: FAO, 2011:27–30. Available at: <https://www.fao.org/ag/humannutrition/35978-02317b979a686a57aa4593304ffc17f06.pdf>

²USDA. Daily Value on the New Nutrition and Supplement Facts Labels. 2 February 2022. Source: <https://www.fda.gov/food/new-nutrition-facts-label/daily-value-new-nutrition-and-supplement-facts-labels>

Nutrition of Meati Products

Meati is an animal-free whole food that contains no gluten, GMO ingredients, or the 9 most common allergens. These include wheat, milk, soy, egg, peanuts, tree nuts (coconut included), fish, crustacean shellfish, and sesame.

	Protein	Fiber	Essential Minerals & Vitamins	Fat	Carbs
Classic Cutlet	33%DV, 17g complete protein	29%DV, 8g	15%DV, 2.7mg Iron 45%DV, 4.7mg Zinc 25%DV, 0.54mcg B12	3%DV, 8g	2%DV, 1.5g
Crispy Cutlet	33%DV, 17g complete protein	29%DV, 8g	15%DV, 2.9mg Iron 45%DV, 4.8mg Zinc 25%DV, 0.58mcg B12	18%DV, 14g	7%DV, 19g
Classic Steak	30%DV, 15g complete protein	29%DV, 8g	10%DV, 2mg 45%DV, 5mg 40%DV, 1mcg B12	3%DV, 8g	2%DV, 1.5g
Carne Asada Steak	30%DV, 15g complete protein	29%DV, 8g	10%DV, 2.9mg Iron 45%DV, 5mg Zinc 40%DV, 1mcg B12	5%DV, 13g	2%DV, 1.5g

It's Unanimous



“
It just totally blew me away. This is something totally different.”

Rose Marcario, Partner, ReGen Ventures and former CEO of Patagonia

“
Meati is the most nutritious food I have ever seen.”

Sam Kass, Partner at Acre Ventures and former White House Chef and Senior Policy Advisor for Nutrition



The Meat Experience Without the Cholesterol or Saturated Fats

According to Harvard, red meat tends to raise levels of low-density lipoprotein cholesterol (LDL)¹. Additionally, the FDA has confirmed that diets high in saturated fat and cholesterol are associated with increased levels of LDL-cholesterol and, thus, with increased risk of coronary heart disease².

The Classic Cutlet and Steak contain zero saturated fat, zero trans fats, zero cholesterol, and zero sugar with 110-120 calories per serving.

You get to experience the taste and satisfaction of eating red meat without disappointing your nutritionist or primary physician.

When it comes to sodium — important to health, though it should not be overdone — we cannot claim zero. Classic Cutlet has just 240 milligrams, which is how much you would find in roughly 1/10 of a teaspoon of salt; while Classic Steak has 150 milligrams³.

¹Watson, Stephanie. "4 foods not to eat if you have high cholesterol." *Harvard Women's Health Watch*, 15 September 2021. Available at: <https://www.health.harvard.edu/heart-health/4-foods-not-to-eat-if-you-have-high-cholesterol>

²National Archives. *Health claims: dietary saturated fat and cholesterol and risk of coronary heart disease*. 6 January 1993, Amended 19 December 2016. Section 101.75.

³USDA. *Sodium in Your Diet: Use the Nutrition Facts Label and Reduce Your Intake*. 2 February 2022. Source: <https://www.fda.gov/food/nutrition-education-resources-materials/sodium-your-diet>.

**Meati Provides
Fiber and Protein
that Support
Digestive Health
and Good Energy™**

Only 5% of Americans are getting adequate amounts of fiber, a key substance needed for regular digestion¹.

According to the Academy of Nutrition and Dietetics, women should consume 25 grams of fiber a day while men should consume 38 grams of fiber a day¹.

The combination of a diet rich in protein and fiber may help reduce health risks while keeping you satiated with longer-lasting energy throughout the day¹⁻².

Meati products contain 15-17 grams of complete protein, 8 grams of fiber, and only 110-190 calories per serving.

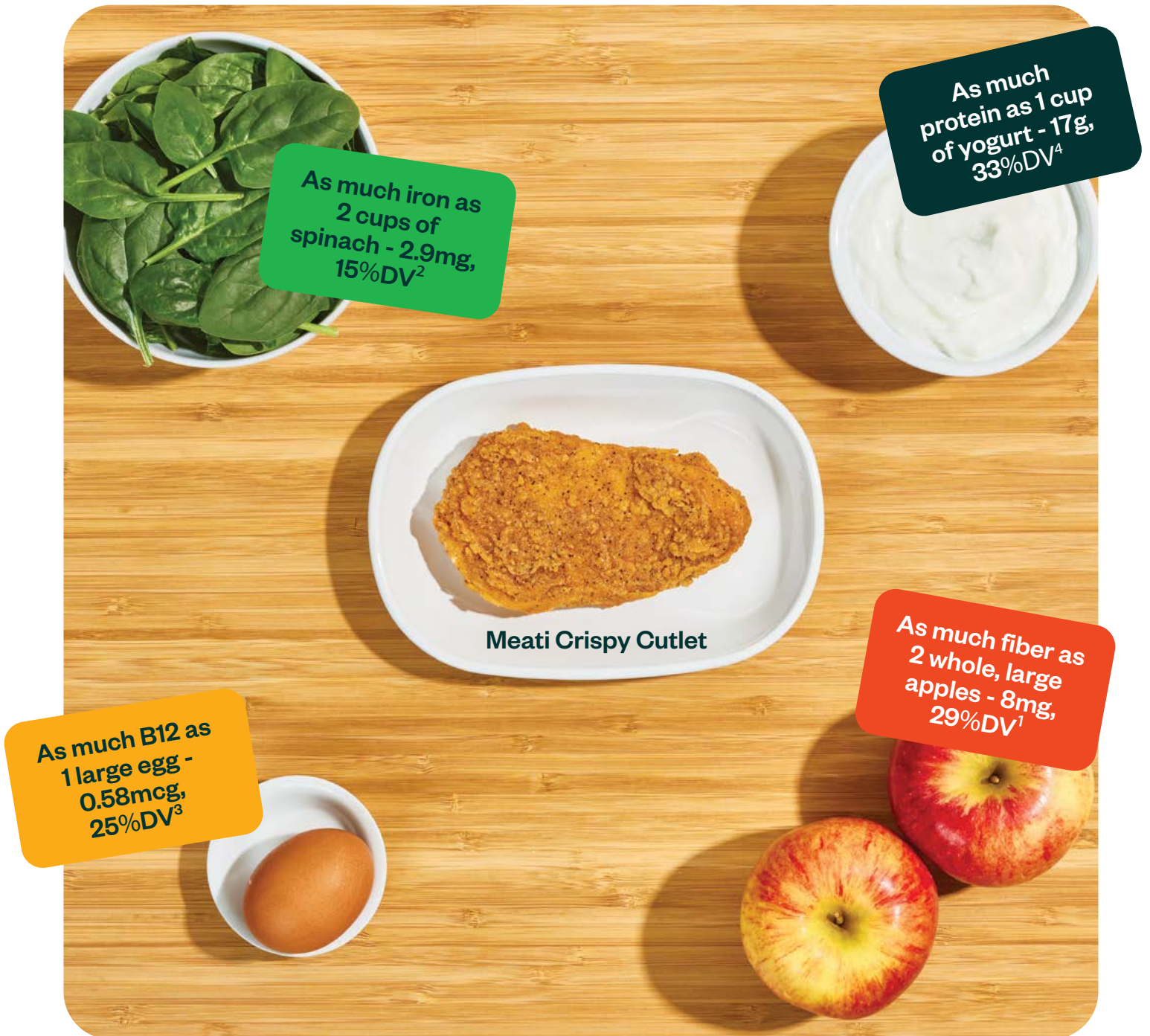
¹Food Insight. Fiber Fact Sheet. 10 July 2019. Source: <https://foodinsight.org/fiber-fact-sheet/>.

²Magkos, Faidon. "The role of dietary protein in obesity." *National Library of Medicine*. 21 September 2020. PMID: 32740867.



**Meati is an
Important, Efficient,
and Delicious
Cornerstone of that
Nutritional Mix.**

Here are a few comparisons to give you an idea of how well Meati can serve as a staple of your diet:



Comparing a Meati Crispy Outlet

¹Amarson, Atli. "Apples 101: Nutrition Facts and Health Benefits." Healthline, 8 May 2019. Available at: <https://www.healthline.com/nutrition/foods/apples>

²USDA - FoodData Central search results for Spinach, Raw - analysis performed in April 2018. Source: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/168462/nutrients>

³U.S. Department of Health and Human Services. Vitamin B12 Fact Sheet for Health Professionals. <https://ods.od.nih.gov/factsheets/VitaminB12-HealthProfessional>. Accessed 9/18/22.

⁴Amarson, Atli. "Yogurt 101: Nutrition Facts and Health Benefits." Healthline, 12 March 2019. Available at: <https://www.healthline.com/nutrition/foods/yogurt>

Cooking and Holding Guidelines

Classic Cutlet

Our Classic Cutlet can take on any culinary technique from searing and grilling to baking and frying. Meati is the perfect culinary canvas for customization. Go on and experiment with topical seasonings, marinades, basting, and even smoking!

Starter Cooking Instructions

Thaw Meati Cutlets and season with salt & pepper and a light coating of oil. Sear on medium heat or grill on high heat for 8 minutes, flipping it often for an even, golden-brown color and delectable crust. Cook to 165°F and let it rest a few minutes before cutting.

How to Hold

Hot hold for up to 2 hours for optimal performance and to avoid drying out. We prefer moist heat holding between 140-150°F while the product is covered.

Pro tips

- Cutlets can be cooked on most cooking platforms, including turbo chefs, alto shams and combi ovens.
- When using high-acid marinades let product sit for 15 minutes, and up to 2 hours for oil-based marinades.
- Whole Cutlets can also be diced, chopped, and cut into strips before cooking.

Culinary Inspiration



Garlic Butter Basted Meati Cutlet



Grilled Meati Cutlet Panzanella Salad



Pesto Caprese Meati Cutlet Sandwich

For more product
info and inspiration
check out [Meati.com](https://meati.com)

Crispy Cutlet

Can you hear that crunch? It's our Meati Crispy Cutlet - made for the biggest, juiciest, most indulgent builds with an excellent source of both protein and fiber. With a gluten-free breading and unbelievable texture, it's our most popular option.

Starter Cooking Instructions

Pre-heat fryer to 350°F and cook from frozen for 7-8 minutes, turning frequently until golden brown on both sides.

If using an air fryer, cook at 400°F for 15 minutes. For both fryer and air fryer, cook to an internal temperature of 165°F.

How to Hold

Hot hold for up to 2 hours for optimal performance and to avoid drying out. We prefer dry heat holding between 140-150°F while the product is evenly spread out and uncovered.

Pro tips

- Crispy Cutlets can be cooked on most cooking platforms designed for fried foods, including Air Fryers, conventional and combi ovens.
- Crispy Cutlets can be sliced or diced for a crunchy and elevated topping or wrap build.
- Take your cooked Crispy Cutlet to the next level with coatings like sauces, glazes, and bold, dry seasoning blends.

Culinary Inspiration



Hot Crispy Cutlet Sandwich



Buffalo Crispy Cutlet Mac n' Cheese



Crispy Cutlet Parmesan Bowl

For more product
info and inspiration
check out [Meati.com](https://meati.com)

Classic Steak

You heard right, an animal-free and high-protein Meati Classic Steak. With a texture that's next-level, Meati Classic Steak performs best when it's seasoned and cooked just like the real thing. Grill it, char it, sauté it, wrap it in pastry dough...it's a mind-blowing eating experience that opens up a world of possibilities.

Starter Cooking Instructions

Thaw Meati Classic Steak and season with salt & pepper and a light coating of oil. Grill on medium heat for 12 minutes (or 7 minutes, if sautéing), flipping it often for an even crust. Cook to 165°F and let it rest a few minutes before cutting.

How to Hold

Hot hold for up to 2 hours for optimal performance and to avoid drying out. We prefer moist heat holding between 140-150°F while the product is covered.

Pro tips

- Meati Classic Steak can be cooked on most cooking platforms including turbo chefs, alto shams and combi ovens.
- When using high-acid marinades let product sit for 15 minutes, and up to 2 hours for oil-based marinades.
- Meati Classic Steak is great whole, but can also be cut into cubes prior to cooking.
- Post-cooking, you can shred and sauce Meati Classic Steak.

Culinary Inspiration



Meati Steak with Herb Butter



Meati Steak BBQ Kebobs



Meati Steak Shabu Shabu

For more product
info and inspiration
check out [Meati.com](https://meati.com)

Carne Asada Steak

Just when we thought it couldn't be any better! Meati Carne Asada has a robust flavor profile only a chef could create. With real herbs and spices, this tender cut cannot be beat. It's a perfect value-added play with broad application opportunities.

Starter Cooking Instructions

Thaw Meati Carne Asada and rub a light coating of oil. Grill on low heat for 12 minutes (or 7 minutes, if sauteeing), flipping it often for an even crust. Cook to 165°F and let it rest a few minutes before cutting.

How to Hold

Hot hold for up to 2 hours for optimal performance and to avoid drying out. We prefer moist heat holding between 140-150°F while the product is covered.

Pro tips

- Meati Carne Asada can be cooked on most cooking platforms, including turbo chefs, alto shams and combi ovens.
- The outer coating has real herbs and spices, take care to cook on low heat to avoid burning.
- Meati Carne Asada is great whole, but can also be shredded, sliced, or cubed after cooking.

Culinary Inspiration



Meati™ Carne Asada Street Tacos



Meati™ Carne Asada Southwest Bowl



Meati™ Carne Asada Flatbread

➔ For more product info and inspiration check out Meati.com

What's On The Menu?

VEGETARIAN, GLUTEN-FREE LUNCH OR DINNER

Meati Cutlet Pad Thai

This Pad Thai is saucy, a tad spicy, sweet, and salty. Just what you want from a Pad Thai. Everything comes together in about 30 minutes, making this an easy weeknight option for those busy nights.



Nutrition Facts

Calories: 680

Fat: 27g

Sodium: 2160mg

Carbs: 81g

Fiber: 3g

Protein: 34g

FOR THE PEANUT SAUCE

- 1/3 c tamari
- 1/4 c smooth peanut butter
- 3 Tbsp maple syrup
- 2 Tbsp rice vinegar
- 1 tsp vegan fish sauce
- 1/4-1/2 tsp crushed red pepper flakes

To a small mixing bowl add the tamari, peanut butter, rice vinegar, maple syrup, and red pepper flakes. Whisk until smooth and set aside.

FOR THE CUTLET PAD THAI

- 8 ounces Pad Thai rice noodles
- 3 Tbsp vegetable oil, divided
- 2 large eggs, beaten
- 2 tsp (2 cloves) garlic, minced
- 1 tsp fresh ginger, peeled & minced
- 16 ounces medium cubes Classic Cutlet, thawed
- 2 c bean sprouts
- 1/2 c (2 medium) green onions, cut on a bias

1. Cook rice noodles according to packaged directions. Set aside.
2. In a large non-stick skillet or wok over medium heat, warm 1 Tablespoon of the oil. When the oil shimmers, add the eggs. Roughly scramble the eggs until cooked, then transfer to a bowl.
3. Place pan back on medium-high heat and warm the remaining 2 Tablespoons oil. Add the garlic and ginger and cook until fragrant, about 1 minute.
4. Add cubed Cutlets and cook, stirring constantly until golden and cutlets reach an internal temperature of 165°F.
5. Add the noodles and peanut sauce, tossing to combine.
6. Cook until the noodles are warmed through and have absorbed the sauce, about 1 minute.
7. Add the bean sprouts and green onions, toss to combine, then remove from the heat.

FOR ASSEMBLY

- 1/4 c roasted peanuts, roughly chopped
- 1/2 c Thai basil, roughly chopped
- 1 lime, quartered

Divide the pad thai between plates.
Top with peanuts, basil, and lime slices. Serve warm.

VEGETARIAN LUNCH OR DINNER, KID-FRIENDLY

Meati Crispy Cutlet Sunday Dinner

Fried Meati Cutlet served with buttermilk biscuits, vinegar braised kale, and a red chile honey.



Nutrition Facts

Calories: 340

Fat: 16g

Sodium: 640mg

Carbs: 52g

Fiber: 1g

Protein: 18g

Biscuits and butter not included.

FOR THE RED CHILE HONEY (4 SERVINGS)

- ½ c local honey
- ¼ c cider vinegar
- ¼ tsp dark chile powder
- ¼ tsp cumin
- 1/8 tsp crushed red pepper
- ¼ tsp ground black pepper
- 1/8 tsp sea salt

In a small pot, add honey, salt, and all spices. Bring to a simmer. Add cider vinegar and bring back to a simmer. Turn off and allow to cool to room temperature..

FOR AIR FRIED MEATI CRISPY CUTLET

1. Turn air fryer on and set it to 400°F with high fan
2. Place Meati Cutlets into the fryer basket and close the drawer
3. Cook for 10-11 minutes turn to an internal temperature of 165°F. Check on the product frequently to make sure the edges aren't burning
4. Remove from the basket and serve immediately

FOR THE VINEGAR BRAISED KALE

- 2 c kale, cleaned and cut into 1-inch strips
- 1 tbsp high heat oil
- 2 tsp garlic cloves, sliced
- Pinch of salt
- Pinch of ground black pepper
- ¼ c cider vinegar

Preheat a pan to medium heat. Add 1 tbsp olive oil. Add sliced garlic and toast slightly. Add kale, salt, and black pepper, and toss, wilting a bit. Deglaze with cider vinegar. Stir, toss, and cook down to almost dry. Make sure the kale is evenly wilted.

FOR THE BUILD

- 1 each Meati Crispy Cutlet.
- 2 each organic, store-bought buttermilk biscuits
- 1 tbsp butter
- 1 each portion of the vinegar braised kale
- ½ portion of the red chile honey

FOR ASSEMBLY

1. Cook the Meati Crispy Cutlet per the instructions above
2. Cook the vinegar braised greens per the instructions above
3. Bake the buttermilk biscuits to the manufacturer's instructions.
4. Once the biscuits are cooked, split each one in half and place a ½ tbsp of butter in each. Close the lid and allow to melt.
5. Place both biscuits in the upper corner of the plate
6. Lay the vinegar braised kale off to the corner of the biscuits
7. Lay the Meati Crispy Cutlet over the top and between both the biscuits and the kale
8. Generously drizzle the red chile honey over the top of it all
9. Enjoy!

VEGETARIAN, GLUTEN-FREE LUNCH OR DINNER, KID-FRIENDLY

Grilled Meati Steak Kebobs

This is a perfect meal to play with flavors by incorporating your favorite, bold marinades for the vegetables and the kebobs. Cutting the Meati Classic Steak in quarters ensures it cooks evenly with the vegetables for a foolproof grilling experience. Serve over your favorite summer side dish like potato salad or fragrant rice along with a bright and cravable chimichurri that pairs perfectly with Meati Classic Steak.



Nutrition Facts

Calories: 460

Fat: 16g

Sodium: 2560mg

Carbs: 31g

Fiber: 7g

Protein: 29g

FOR THE CHIMICHURRI

- ½ c loosely packed cilantro, chopped fine
- ½ c loosely packed parsley, chopped fine
- 2 Tbsp red wine vinegar
- 2 Tbsp light olive oil
- 2 tsp kosher salt
- 1 ½ teaspoons (1 large clove) garlic, minced
- 1 tsp crushed red pepper flakes

To a small bowl, add all ingredients and whisk until incorporated. Keep refrigerated until ready to use.

FOR THE KEBOB VEGETABLES

- ½ lb small red potatoes, boiled
- 2 small zucchini, cut into 1-inch rounds
- 2 small red bell peppers, cut into 1-inch pieces
- 1 small red onion, quartered & cut into cut into 1-inch pieces
- 2 tsp Italian dressing
- 1 ½ tsp garlic powder
- ¼ tsp kosher salt

To a medium mixing bowl add Kebob vegetables, Italian seasoning, garlic powder, and salt. Toss to combine and set aside.

FOR THE MEATI STEAKS

- 3 Meati Classic Steaks, thawed.
- 2 Tbsp Italian dressing
- 4 12-inch skewers

1. Cut Meati Classic Steak into quarters.
2. Place steaks in a bowl and toss with Italian dressing.

FOR ASSEMBLY & GRILLING

1. Preheat grill to medium heat.
2. Build kebobs, alternating the vegetables with the Meati Classic Steak pieces.
3. Place kebobs on the preheated grill and cook for 10-15 minutes, rotating every few minutes, until internal temperature reaches 165°F.
4. Remove from grill and allow to rest for 30 seconds prior to serving or cutting.
5. Spoon chimichurri on a platter and arrange Meati Classic Steak kebobs on top. Serve with your favorite summer side dish like pasta salad or fragrant rice.

VEGETARIAN APPETIZER OR LUNCH

Grilled Meati Carne Asada Flatbread

Charbroiled Meati Carne Asada sliced thin and layered onto a pillowy flatbread. Topped with a cilantro chimichurri, crispy potatoes, briny olives, fresh spinach, and sweet butternut squash. A perfect South American inspired flatbread for cool autumn days.



Nutrition Facts

Calories: 360

Fat: 21g

Sodium: 650mg

Carbs: 32g

Fiber: 4g

Protein: 11g

INGREDIENTS

- 1 Meati Carne Asada Steak, thawed
- 1 tsp preferred oil
- 1 artisan flatbread pizza (Stone Fire is recommended)
- ¼ cup of olive oil, divided
- 2 baby red potatoes, thinly sliced
- ¼ c kalamata olives
- ½ c butternut squash (frozen, diced)
- 5 roasted garlic cloves, thinly sliced
- ¼ c crumbled Feta cheese
- 1 c spinach, roughly chopped
- 2 Tbsp prepared chimichurri sauce

DIRECTIONS:

1. Cook the Meati Carne Asada Steak: Preheat grill to medium heat.
2. Brush steak with oil and place on the grill. Cook for 9-10 minutes, rotating every 2 minutes, until steak reaches an internal temperature of 165°F.
3. Remove from grill and allow to rest for 1 minute. Once rested, thinly slice steak, and set aside.
4. Preheat oven to 425°F.
5. Line a baking sheet with parchment paper and place flatbread in the center.
6. Use a pastry brush to generously coat the flatbread with olive oil.
7. Place an even layer of potatoes over the top, followed by the olives, butternut squash, roasted garlic, and chopped spinach.
8. Drizzle remaining olive oil over the top.
9. Place in oven and bake until golden and veggies have started to brown a bit, 15-20 minutes.
10. Finish with the thinly sliced Meati Carne Asada and a drizzle of Chimichurri sauce on top. Enjoy!

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Thank you

