Back of House Guide

UPSIDE cultivated chicken
cooking and handling instructions.

UPSIDE

How to cook and handle UPSIDE Chicken

If it cooks like chicken and tastes like chicken... What's different about UPSIDE Chicken?

UPSIDE Chicken brings together the best of chicken and then supercharges it with plants. The result is meaty, juicy, cultivated chicken that's made right–right from the start.

PEA FIBER
An ingredient known for its prebiotic properties that support beneficial bacteria.

AVOCADO OIL
A wholesome oil extracted from avocados, rich in monounsaturated fatty acids

CULTIVATED CHICKEN
Real chicken, made differently

SOY PROTEIN ISOLATE
Most complete plant-based protein, with all 9 essential amino acids

Quick cooking instructions

01
Heat saute pan with 1 tbsp oil on medium high.

02
Add UPSIDE Chicken to the pan in an even layer. The chicken likes space to brown, so don't crowd the pan.

03
Cook for approximately 4 minutes covered, allowing one side of the strips to reach a golden brown.

04
Flip the pieces and cook for another 2 minutes with the cover down to get some browning on the other side.

05
UPSIDE Chicken is fully cooked when the internal temperature reaches 165°F / 74°C.

CONTACT US

Somewhere in San Francisco, our sales team is sitting by their computers, refreshing their inbox, waiting to hear from you. So, if you need more information or have any questions, please contact them at **sales@upsidefoods.com**.

Usage instructions

UPSIDE Chicken works in any recipe that calls for chicken. Brine it, stew it, stir-fry it, sauté it, deep-fry it. It's incredibly versatile and always delicious.

- UPSIDE Chicken is a raw product.
- UPSIDE Chicken is fully cooked when the internal temperature reaches 165°F / 74°C.
- Use in any chicken recipe.

Storage & handling tips

- UPSIDE Chicken is perishable and raw (uncooked).
- Always keep frozen or refrigerated and cook before the use-by date.
- Shelf life is 365 days frozen, 7 days unopened and thawed.
- To thaw, simply move the package from the freezer to the refrigerator about 24 hours before you intend to cook it.
- Thawing at room temperature or by immersing in water is NOT recommended.
- Once thawed, do not refreeze raw product.
- As with any raw product, wash your hands before and after handling.