CLAIMS

1. A pack (100) for the preparation of a food or beverage product comprising an insert (10) and a container (20),

the container (20) being configured by at least one flexible sheet folded in such a way to configure a container where ingredients for the food or beverage product are stored,

the insert (10) being overwrapped by the at least one flexible sheet configuring the container (20),

water to extract and/or infuse and/or dissolve and/or reconstitute the ingredients in the container (20) and to prepare the food or beverage product can be introduced through the insert (10) through an injection hole (11) and into an inlet chamber (191), the food or beverage product once prepared being also dispensed through this insert (10),

the pack (100) presenting a generally plane shape and being essentially vertically oriented during food or beverage production with the insert (10) arranged at a lower side of the pack (100) so the water is supplied into a volume of the container in an upward direction;

the pack (100) further comprising an inlet channel (30) arranged at the inlet chamber (191) and extending vertically inside the volume of the container (20) in such a way that the water introduced via the insert (10) is conducted by the inlet channel (30) and enters an inner volume of the container (20) through this inlet channel (30), a height (H_{pipe}) of the inlet channel (30) in the volume of the container being such that it is arranged above the ingredients in the container and allows the water exiting the inlet channel (30) to wet the ingredients from an upper part, avoiding turbulence,

characterized in that:

- the inlet channel (30) comprises an essentially vertical tube of a certain length (H_{pipe}) , and
- the essentially vertical tube configuring the inlet channel (30) is made of the same material as the insert (10).

- the insert (10) comprises at least two parts (101, 102) moveable with respect to each other, providing open or close communication with the inner volume of the container (20).

2. The pack (100) for the preparation of a food or beverage product according to claim 1 wherein the height (H_{pipe}) of the inlet channel (30) with respect to a height of total volume of the container (H_{volume}) is of at least 20%, preferably of at least 30%, more preferably of at least 40%.

3. The pack (100) for the preparation of a food or beverage product according to any of the previous claims wherein the at least one flexible sheet is arranged overwrapping and matching the shape of the insert (10) in its entirety except for a part of the insert (10) in direct communication with the inner volume of the container (20).

4. The pack (100) for the preparation of a food or beverage product according to any of the previous claims wherein the insert (10) further comprises an air inlet providing air from outside of the pack (100) and into the volume of the container (20).

5. The pack (100) for the preparation of a food or beverage product according to any of the previous claims wherein the insert (10) and/or the container (20) comprise identification means with information on the process parameters for the preparation of the food or beverage product.

6. The pack (100) for the preparation of a food or beverage product according to claim 8 wherein the process parameters comprise one or a plurality of the following: total volume of water to introduce, temperature of the water, time of preparation, pressure at which the water is introduced.

7. Use of a pack (100) according to any of the previous claims for preparing a food or beverage product.

8. A method for preparing a food or beverage product using a pack (100) according to any of claims 1-6, the method comprising the steps of:

- placing the pack (100) in a beverage preparation machine by placing the insert (10) in a corresponding receiver in the machine, the pack (100) being arranged substantially vertically in the machine with the insert (10) placed on the lower side of the pack (100);
- injecting water through the insert (10), into the inlet channel (30), that will flow into the inner volume of the pack (100), wetting the ingredients contained therein during a certain time to extract and/or infuse and/or dissolve and/or reconstitute the ingredients into a food or beverage product;
- delivering the food or beverage product prepared after the required time having elapsed through the insert (10).

9. The method for preparing a food or beverage product according to claim 8 wherein the insert (10) is configured by at least two relatively moveable parts (101, 102), the movement of these two parts (101, 102) blocking or freeing the communication of the inner volume of the pack with the outside of it.

10. The method according to any of claims 8-9 wherein the insert (10) is configured by at least two relatively moveable parts (101, 102) that move with respect to each other to their original position at the end of the preparation of the food or beverage product, blocking any communication of the inner volume of the pack with the outside of the pack, to avoid dripping.