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the rib 202 and thus the injection area 204 are disposed at the bottom of the pack 1 and above the outlet 11.

The peripheral edge 21 extends substantially perpendicularly to the plane wall 20. The peripheral edge 21 has a height h_2 . The height h_1 of the rib 202 and the height h_2 of the peripheral edge 21 are substantially equal.

The peripheral edge 21 comprises a wing 22. The wing 22 extends substantially perpendicularly to the peripheral edge 21. In other words, the wing 22 extends substantially parallel to the plane wall 20.

The peripheral edge 21 has two lateral sides 210 facing each other. The lateral sides 210 extend vertically. As the peripheral edge 21 surrounds the plane wall 20, the distance between the lateral sides 210 also narrows at the bottom of the pack 1. Two portions 211 of the lateral sides 210 extending at the bottom of the peripheral edge 21 form a tip.

The peripheral edge 21 has an opening 212 defined by an interruption of the peripheral edge 21. The opening 212 constitutes the outlet of the pack 1. The outlet 11 is formed at the bottom of the pack 1. In the described embodiment, the outlet 11 is formed at the end of the tip. The tip thus forms a passage enabling the beverage to flow out of the pack 1 through the opening 212. As the outlet 11 is positioned at the bottom of the pack 1, the beverage is delivered as a free flow. In other words, the beverage flows out of the pack 1 by simple gravity fall.

The opening 212 has a transverse section with a surface area equivalent to the surface of a circular surface of diameter of at least 1 mm, preferably at most 4 mm, even more preferably comprised between 1,5 and 3 mm.

The shell 2 is semi-rigid or rigid. For example, the shell can be made of plastic, thick paper, cardboard or metallised foil. The plastic material can be selected in the list of: polypropylene, polyethylene, polyethylene terephthalate and polylactic acid. The shell 2 can be monolayer or multilayer (multi-component laminates). For a multilayer shell, different materials can be combined for example

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disposed around the injection area 204. The liquid exits from the aperture 203 formed in the rib 202.

The formation of the aperture 203 facing the top of the pack 1 enables to direct the liquid towards the top of the pack 1. The liquid is projected
5 away from the outlet 11 of the pack 1 formed at the bottom. This enables a better mixing of the liquid with the food or beverage ingredient. Indeed, the water jet introduced from the bottom into the pack is developing into circular and spiral movements creating turbulences, frictions and high contact surfaces between the water molecules and the product particles. In average the water molecules have
10 several turns within the sachet until they leave the sachet with the beverage. The swirling motion of liquid improves the dilution of the food or beverage ingredient in the liquid.

In the described embodiment, the inner volume of the pack 1 presents a shape configured to improve the movement of the water and the
15 beverage in the pack 1 during beverage preparation. Indeed, the rounded corners of the shell 2 also enable a better mixture of the liquid with the food or beverage ingredient. Indeed, this feature avoids that beverage or food ingredient remains blocked in a right-angled corner.

Moreover, the flatness of the plane wall helps guiding the liquid
20 movement in the pack 1. The food or beverage ingredient is mixed with the liquid in a plane, avoiding thus the stagnation of the food or beverage ingredient.

Once the liquid and the food or beverage ingredient are mixed together, the beverage flows out of the pack 1 through the outlet 11. The beverage can thus be dispensed for the operator or user.

25 In brief, a method for the preparation of a beverage from the pack comprises the steps of:

- providing a pack such as described hereabove and positioning said pack in a preparation machine,

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- injecting water into the pack to mix with the food or beverage ingredient,
- allowing the prepared beverage to escape through the outlet into a receptacle.

5 Preferably the method is implemented by a beverage preparation machine in which the different steps are implemented.

 Preferably the inlet 10 is opened at the same time or after the opening of the outlet 11. According to a preferred embodiment, the beverage is prepared with both inlet 10 and outlet 11 being opened. In this way, the beverage
10 is not prepared in the pack under pressure or under pressure increase. According to another embodiment, the outlet may be covered by a filtering material. The filtering material allows the beverage to flow out of the pack but prevents the food or beverage ingredient to go out of the pack before its dissolution in the liquid. The filtering material may be disposed under the openable tab or the openable tab can
15 be made of said filtering material.

Figure 6 illustrates a machine 4 for the preparation of a beverage with a pack according to the invention.

 The machine 4 comprises at least:

- a supply or reservoir/tank 41;
- 20 - a pump 42 for pumping the liquid from the supply;
- a heater 43 for eventually heating the liquid;
- a valve 44 for circulating either cold or hot liquid depending on the type of beverage to prepare; and
- a needle 40 for injecting the liquid in one inlet of the pack,

25 The machine 4 may comprise a device for cutting or tearing the tab of the outlet 11 of the pack. The device for cutting or tearing the tab 31 can be positioned so that the outlet 11 is automatically freed when the pack is introduced in the machine 4 or when the beverage preparation is activated.