CLAIMS

1. 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 sheet folded in such a way to configure a container where the ingredients for the food or beverage product are stored,

the ~~water~~ insert configured to introduce water into the container 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 ~~being introduced through the insert (10)~~, and the insert configured to dispense the food or beverage product once prepared ~~being also dispensed through this insert (10)~~,

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

~~characterized in that~~wherein the insert (10) is ~~a part that is~~ arranged connected externally to the container (20),

and the insert includes an injection inlet (13) for communication with an inner volume of the container (20) for injection of water inside the volume and a separate outlet (11) for communication with the inner volume of the container (20) for dispensing of the food or beverage product.

2. The ~~Pack~~ pack (100) according to claim 1 wherein the insert (10) is a part that is arranged externally and connected to the container (20).

3. ~~Pack~~ The pack (100) according to claim 2 wherein the insert (10) is tightly sealed and/or glued to the container (20).

4. ~~Pack~~ The pack (100) according to any of the previous claims wherein the

insert (10) comprises three relatively moveable elements:

- ~~an~~ the injection inlet (13) for opening an inlet communication with the inside of the container (20) and inject water inside the volume of it;
- a primary element (110) to be arranged fixed to a beverage extraction machine;
- a secondary element (120) relatively moveable with respect to the primary element (110), allowing opening an exit communication from the inner volume of the container and allowing the dispensing of the prepared beverage from the container to the outside of the pack.

5. The pPack (100) according to claim 4 wherein the injection inlet (13) and the primary element (110) are integrally formed.

6. The pPack (100) according to claim 5 wherein the injection inlet (13) is joined by flexible arms to the primary element (110) allowing the displacement of the injection inlet (13) with respect to the primary element (110).

7. The pPack (100) according to any of claims 1-3 wherein the insert (10) is configured such that an injection inlet (13) for opening an inlet communication with the inside of the container (20) and inject water inside the volume of it is connectable to the said insert (10).

8. The pPack (100) according to any of claims 4-7 wherein the injection inlet (13) comprises a water inlet (41) and an air inlet (40) communicating with the inner volume of the container (20).

9. The pPack (100) according to claim 8 wherein the air is suctioned from the outside of the pack (100) by the water flow inside the volume of the container (20) created by the injection of water through the water inlet (13).

10. The pPack (100) according to any of the previous claims wherein the insert (10) comprises displacing holes (101, 102) arranged in the secondary element (120) to linearly displace it according to certain path.

11. The pPack (100) according to any of the previous claims wherein the insert (10) is configured such that it can be reversibly accessed by a beverage preparation machine.

12. The pPack (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 the information on the process parameters for the preparation of the food or beverage product.

13. The pPack (100) for the preparation of a food or beverage product according to claim 12 wherein the process parameters comprise one or a plurality of the following: total volume of water to introduce, the temperature of the water, the time of preparation, the pressure at which the water is introduced.

14. The pPack (100) for the preparation of a food or beverage product according to any of the previous claims wherein the insert (10) is detachable from the container (20) for recycling.

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

16. Method for preparing a food or beverage product using a pack (100) according to any of claims 1-14, the method comprising the steps of:

- introducing the pack (100) in a beverage preparation machine essentially vertically and with the insert (10) on the lower side of it;
- the insert (10) is connected by– a preparation machine which displaces the secondary element (120) linearly upwards with respect to the primary element (110) in order to open an inner outlet aperture (25) in the container (20) while the secondary element (120) blocks the exit of the volume of the container (20),
- the injection inlet (13) is moved to open a communication with the inside volume of the container (20) to inject water inside of it;
- the two steps previously described take place in reverse order;
- the position is maintained for a certain time as needed, to achieve the dissolution of the food or beverage product inside the container, and then the secondary element (120) is displaced downwards with respect to the primary element (110), so the inner outlet aperture (25) is no longer blocked and the food or beverage product can be delivered through a dispensing outlet (11);
- the secondary element (120) moves linearly upwards with respect to the primary element (110), so the inner outlet aperture (25) is blocked and no product can exit the container (20).