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Plant-based Burger Patty

CATEGORY MEAT ALTERNATIVES
NUTRI SCORE B (GREEN)

INGREDIENTS

Ingredient	Function	Weight (%)
Water	Solvent	60
Textured pea protein	Protein source & structure	24
Rapeseed oil	Solvent & flavor agent	4,9
Soy lecithin	Emulsifier	2,1
Salt	Flavor enhancer & preservative	1,2
Spices	Flavor & coloring agent	2,2
Koji Powder	Umami flavor & substitutes MSG	1,0
Methylcellulose	Binding agent & moisture retention	4
Natural color	Mimics meat color	0,6



METHOD

- **Prepare oleo gel:** Heat rapeseed oil; slowly add lecithin while stirring. Cool at 4 °C for 24 h.
- **Prepare methylcellulose gel:** Hydrate methylcellulose with 40 g water while shearing at high rpm
- Hydrate pea protein with 20 g water for 15 minutes
- In a food processor: Mix protein, spices, color, methylcellulose gel and oleo gel at medium speed for max. 90 sec
- Form patties, cool / freeze until cooked
- Cook patties in a frying pan for 5 min on medium heat in 1 table spoon oil

HIGHLIGHTS

- Plant-based
- Source of fiber
- No artificial colorants
- Source of protein
- Low saturated fat

NUTRITION FACTS (100 g)

Energy	586 kJ/ 140 kcal
Fat	8 g
of which saturates	0,8 g
Carbohydrates	3,8 g
of which sugars	0,8 g
Dietary Fiber	4 g
Protein	13,2 g
Salt	1,5 g