



Organic
Plant
Protein

Meat replacement:
PlantMate
CHUNKS



BURGER - plantbased

Ingredients for 4 servings

150 g **PlantMate chunks**
50 g of canned mixed beans
6 g Psyllium husks
10 g Onion granulate
2 g Tomato powder
1,5 g sweet paprika powder
0,5 g black pepper
Salt
50 g Mushrooms

Procedure

- Soak the chunks in 1L of cold water, add 10 g salt and 100 g beet root juice for 60 minutes and drain
- Use a meat mincer with an 8 mm plate to mince the drained chunks
- Chop the mushrooms very fine and fry in oil
- Mash the beans to a homogeneous paste
- Mix 280 g of hydrated and minced chunks with the mushrooms and the rest of the ingredients
- Knead the mixture until you can feel the psyllium starts "to glue" the batter together
- Divide the batter into 4 portions and shape 4 burgers
- Leave to rest for 30 minutes
- Fry in oil at middle heat for 2-3 minutes on each side

Serving suggestion

Serve in a burger bun with tomato ketchup and salad

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