# Zero Burger

# Preparation

- → Soak flaxseed in water for 10 minutes
   → Purée <sup>2</sup>/<sub>3</sub> of the beans with rolled oats, miso
- and the spices
  → Mince the mushrooms. Add 1 tbsp oil to a hot pan, sauté the mushrooms at medium-high heat for 6 minutes. Add salt
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  → Mince the shallot and garlic

  → Add sautéed mushrooms, shallot, garlic,
  the rest of the beans, flaxseed and walnuts to
  patty mixture. Combine and chop briefly

  → Form four patties and set aside

  → Add coconut oil to a pan, fry patties at
  medium-high heat for 5 minutes on each side

  → Serve

### **Patties**

2 tbsp of ground flaxseed 60 ml water 250 g tinned black beans 80 g rolled oats 1 tsp miso paste

1tsp cumin

1 tsp herbs de Provence ½ tsp cayenne pepper 100 g mushrooms

1 tbsp olive oil 1 pinch salt 1 shallot

1 clove of garlic 40 g walnuts 4 tbsp coconut/vegetable oil

## **Toppings**

Vegan mayonnaise, tomatoes, onions, lettuce, pickles, buns













### A look at carbon footprints

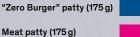
Vegan burger versus meat burger

Our diet has a huge impact on our personal carbon footprint. Vegetarian Meat alternatives such as Sven Trump's "Zero Burger" are delicious and much more climate friendly to boot. A vegan burger patty produces more than 6 × less carbon emissions than a meat patty. This shows that going meat-free just one day a week could considerably reduce CO<sub>2</sub> emissions – all without sacrificing taste.



pared to two meat burger recipes that were averaged together. undardized to 175 g/patty. The calculations were performed and se values are based on CO<sub>2</sub> equivalents (CO<sub>2</sub>e).

Photo: Photo shoot of burger made with the recipe



198 g CO <sub>2</sub>													
													1258g CO <sub>2</sub>
0 g	100 g	200 g	300 g	400 g	500 g	600 g	700 g	800 g	900 g	1000 g	1100 g	1200 g	1300 g

