

Zero Burger

Preparation

- Soak flaxseed in water for 10 minutes
- Purée 2/3 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
- 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
- 1 tsp cumin
- 1 tsp herbs de Provence
- 1/2 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 6x less carbon emissions than a meat patty. This shows that going meat-free just one day a week could considerably reduce CO₂ emissions – all without sacrificing taste.

Calculation basis:

The Zero Burger recipe was compared to two meat burger recipes that were averaged together. The weight of the patties was standardized to 175g/patty. The calculations were performed and verified by myclimate experts. The values are based on CO₂ equivalents (CO₂e).

Sources:

- Zero Burger recipe: Sven Trump, myclimate Germany
- Meat patty burger recipes: swissmilk.ch, bettybossy.ch
- Internal myclimate calculations

Photo: Photo shoot of burger made with the recipe
© roberthoernig.com

"Zero Burger" patty (175 g)

198 g CO₂

Meat patty (175 g)

1258 g CO₂

0g | 100g | 200g | 300g | 400g | 500g | 600g | 700g | 800g | 900g | 1000g | 1100g | 1200g | 1300g