



Peas
for the planet
PLANT BASED FOOD.

Basic recipes **Peas for the Planet** PURE

Nuggets „Chicken Style“

Recipe for approx. 95 Nuggets (30 g each)

- 35 oz (1,000 g) **Peas for the Planet** PURE
- 60 oz (1,700 g) cold water
- 5 oz (140 g) oil
- 1.4 oz (40 g) salt

Mix the salt with **Peas for the Planet** PURE. Add water and oil to the mixture and mix well directly so that the powder is completely dissolved. Let it swell for at least 15 minutes and then form into nuggets or similar. The nuggets can then be breaded/coated without egg. Suitable breadcrumbs are e.g.: Panko breadcrumbs, breadcrumbs or corn-flakes.



Burger Patty „Chicken Style“

Recipe for approx. 23 Patties (120 g each)

- 35 oz (1,000 g) **Peas for the Planet** PURE
- 60 oz (1,700 g) cold water
- 5 oz (140 g) oil
- 1.4 oz (40 g) salt

Mix the salt with **Peas for the Planet** PURE. Add water and oil to the mixture and mix well directly so that the powder is completely dissolved. Let it swell for at least 15 minutes and then form into Patties.



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