



Vegan Patties

with VTex[®]

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Ingredients

- 250 g VTex[®]
(e.g. Granules or Fibres)
- 350 ml Water (50 °C)
- 50 g Vital wheat gluten
- 100 g Breadcrumbs
- 10 g Medium-hot mustard
- 10 g Salt
- 80 g Fresh onions, finely chopped
- Spices to taste

Preparation

1. Mix all dry ingredients together.
2. Stir the spices and the mustard into the water.
3. Add the liquid together with the diced onions to the dry ingredients and knead everything into a homogeneous mixture until the desired texture is achieved.
4. Let the mixture rest and absorb liquid for about 15 minutes.
5. If the mixture is still too dry, gradually add a little water as needed.
6. Shape the mixture into patties.
7. Heat oil in a pan and fry the patties over medium heat for about 5 minutes on each side until golden brown.