



THE QUICK FIX

Plant Based Egg



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PLANT BASED EGG

Would you like to try nutritious scrambled eggs that are not made using regular eggs? Wondering what we are talking about? Hold on till we reveal more. Without jumping on to labels like vegan or vegetarian, the alternative protein industry is looking at plant-based options for everyday consumers, and one such option is the plant-based egg.

This plant based alternative, can be used in many different applications as the traditional egg, that are delicious, adaptable and tastes just like the real thing!

Our plant based egg has high protein content from the use of chickpeas as the main component of the ingredient list. This powdered protein goodness is versatile and endless possibilities of use.



Dry mix
50g



Vegetable oil
20g



Chilled water
150g

HOW TO MAKE

Preparation Battermix of Futopia™ MM Plant-based Egg Premix

- 1** Place dry mix in bowl, add water and mix using stick blender for one minute or until lumps are dissolved.
- 2** Slowly add vegetable oil to the mixture with stick blender on. The mixture will thicken and the oil will be absorbed.

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SCRAMBLED EGGS



HOW TO MAKE

**Cook Battermix of Futoppia™ MM
Plant-based Egg Premix**

- 1** Spray vegetable oil onto non-stick fry pan and turn to medium heat.
- 2** Add liquid mixture and allow to cook until outer edges of mixture start to set.
- 3** Start to chop batter with an egg flip to get curds of egg, cook until firm and moisture has cooked off.



BREAKFAST BURRITOS



Serving Size: 6

- 6 Tortillas wrap 8 inches, round
- 30 - 36 medium Lettuce leaves
- ¾ cup Battermix of Futoppia™
MM Plant-based Egg Premix
- 1 cup Bolognese Sauce
- 2/3 cup Cherry tomatoes, diced
- ¾ cup Red capsicum, diced
- 1 - 2 Cloves garlic, chopped
- 1 cup Shredded cheddar cheese
- 1 tablespoons Olive Oil

HOW TO MAKE

Cook the fillings

- 1 Heat the olive oil in a pan and fry the garlic for a 1 - 2 minutes
- 2 Add in capsicum and tomatoes, stir fry for 3 - 4 minutes
- 3 Add in Bolognese sauce and cook for 5 - 6 minutes

Cook Battermix of Futoppia™ MM Plant-based Egg Premix

- 1 Spray vegetable oil onto non-stick fry pan and turn to medium heat.
- 2 Add liquid mixture and allow to cook until outer edges of mixture start to set.

- 3 Start to chop batter with an egg flip to get curds of egg, cook until firm and moisture has cooked off.

Fill the Burritos

- 1 Warm the tortillas briefly on a hot skillet to soften
- 2 In a tortillas, assemble the lettuce leaves, plant-based scrambled egg, mixture of Bolognese sauce (garlic, tomatoes and capsicum) and cheese
- 3 Wrap it and heat the burritos on the hot skillet and serve while is hot

SPINACH MUSHROOM QUICHE



Serving Size: 3

3 sheet Shortcrust pastry, thawed (allow pastry to thaw on a flat surface for 10 -15 minutes)

¾ cup Battermix of Futoppia™
MM Plant-based Egg Premix

200g Baby spinach

1 ½ cup Cherry tomatoes, half

1 – 2 Cloves garlic, chopped

1 ¼ cup Fresh shiitake, diced

½ cup Leek, diced

¼ teaspoon Black pepper coarse (small)

¼ teaspoon Salt (adjust to your taste)

1 teaspoon Sugar

2 tablespoons Olive Oil

HOW TO MAKE

Cook the fillings

- 1** Heat the olive oil in a pan and fry the garlic for a 1 – 2 minutes
- 2** Add in fresh shiitake, stir fry for 3 - 4 minutes
- 3** Add in leek and stir fry for 2 minutes
- 4** Add in spinach and stir fry for 5 – 6 minutes
- 5** Add in tomatoes and cook for 2 - 3 minutes
- 6** Add black pepper, sugar and salt and stir well (adjust to your taste)

Method of baking

- 1** Preheat the oven to 200°C for 5 - 10 minutes.
- 2** Place the shortcrust pastry on a tart shell (remove the excess pastry)
- 3** Add the cook fillings (vegetables) into the tart shell
- 4** Pour the Battermix of Futoppia™ MM Plant-based Egg Premix into tart shell
- 5** Bake for 25 – 30 minutes or until golden light brown
- 6** Ready to serve





SPANISH FRITATA



Serving Size: 9

- 220g Battermix of Futoppia™
MM Plant-based Egg Premix
- 200g Baby spinach
- ½ cup Cherry tomatoes, half
- 1 – 2 Cloves garlic, chopped
- 1/3 cup Capsicum red, diced
- 1/3 cup Capsicum green, diced
- 1/3 cup Zucchini, diced
- 1/8 teaspoon Salt
- ½ teaspoon Sugar
- ¼ teaspoon Black pepper
- 1 tablespoons Olive Oil

Cook the fillings

- 1 Heat the olive oil in a pan and fry the garlic for a 1 – 2 minutes
- 2 Add in zucchini, capsicum red and green and stir dry for 1 minute
- 3 Add in spinach and stir fry for 4 – 5 minutes
- 4 Add in tomatoes and cook for 1 - 2 minutes
- 5 Add black pepper, sugar and salt and stir well (adjust to your taste)

Cook Battermix of Futoppia™ MM Plant-based Egg Premix

Method of baking

- 1 Preheat the oven to 180°C for 5 - 10 minutes.
- 2 Brush some oil to the prepared muffin tin
- 3 Pour the Battermix of Futoppia™ MM Plant-based Egg Premix
- 4 Add the cook fillings (vegetables)
- 5 Bake for 20 – 25 minutes or until golden light brown
- 6 Ready to serve



Serving Size: 16-18

16 -18 pcs Readymade tart shell

220g Battermix of Futoppia™

MM Plant-based Egg Premix

160 ml Warm water

3 – 4 **tablespoons** sugar
(adjust to your desired)

60 ml Plant based milk

¼ **teaspoon** Vanilla extract

EGG TARTS

HOW TO MAKE

Mix all the ingredients

- 1 Add sugar into the warm water, mix until completely dissolved
- 2 Pour the plant-based milk into the Battermix of Futoppia™ MM Plant-based Egg Premix and mix well
- 3 Pour in sugar water and mix well

Fill the tart shell

- 1 Preheat the oven to 160°C for 10 minutes
- 2 Evenly fill the tart shell about three quarters full.
- 3 Bake for 15 -20 minutes, 160°C until the filling is just set (if a toothpick can stand up in it, it's done)





CHEESY QUESADILLAS



Serving Size: 4

- 220g Battermix of Futoppia™
MM Plant-based Egg Premix
- 4 Tortillas wrap 8 inches, round
- 200g Baked bean
- 1 cup Shredded cheddar cheese
- 1 tablespoons Vegetable Oil

Cook Battermix of Futoppia™ MM Plant-based Egg Premix

- 1 Spray vegetable oil onto non-stick fry pan and turn to medium heat.
- 2 Add liquid mixture and allow to cook until outer edges of mixture start to set.
- 3 Start to chop batter with an egg flip to get curds of egg, cook until firm and moisture has cooked off.

Fill the Quesadillas and heat up

- 1 In a tortillas, assemble the plant-based scrambled egg, baked beans and shredded cheddar cheese
- 2 Fold into half, and warm the tortillas on a hot skillet for 3-5 minutes each side
- 3 Serve while is hot

HOW TO MAKE

MINI VEGETABLE QUICHE



Serving Size: **50 pieces**
(size 4.5cm)

- 100g, diced** Baby Spinach
- 1 cup, diced** Cherry Tomato
- 1-2 cloves, copped** Garlic
- 1/2 cup, diced** Fresh Shiitake mushroom
- 1/4 cup, diced** Leek
- 1/4 teaspoon** Black pepper coarse
- 1/4 teaspoon** Salt (Adjust to your taste)
- 1/2 teaspoon** Sugar (Adjust to your taste)
- 2 teaspoon** Olive oil
- 80 pieces** Ready made tart shell (eggless)

HOW TO MAKE

Cook the fillings

- 1** Heat the olive oil in a pan and fry the garlic for a 1 – 2 minutes
- 2** Add in fresh shiitake, stir fry for 3 - 4 minutes
- 3** Add in leek and stir fry for 2 minutes
- 4** Add in spinach and stir fry for 5 – 6 minutes
- 5** Add in tomatoes and cook for 2 - 3 minutes
- 6** Add black pepper, sugar and salt and stir well (adjust to your taste)

Method of baking

- 1** Preheat the oven to 165°C for 5 – 10 minutes
- 2** Pour Battermix of Futoppia MM 009 Plant-based egg premix into tart shell
- 3** Add cook fillings (vegetable) into tart shell and stir lightly with toothpick
- 4** Baked for 10 minutes
- 5** Ready to serve





MINI CINNAMON EGG TART



Serving Size: 50 pieces

220g Battermix of Futoppia™
MM Plant-based Egg Premix
1/4 teaspoon Cinnamon Powder
3 – 4 teaspoon Sugar
240g Warm water
50 pcs Ready-made Tart Shell

HOW TO MAKE

Preparation of Plant-based Egg Premix

*50g of Premix : 20g of Vegetable oil :
150g of Water

- 1 Place dry mix in bowl, add water and mix using stick blender for one minute or until smooth.
- 2 Slowly add vegetable oil to the mixture with stick blender on. The mixture will thicken and the oil will be absorbed

Procedure

- 1 Add sugar and cinnamon powder into warm water, mix until fully dissolved.
- 2 Add sugar water into battermix of Futoppia™ MM 009 Plant Based Egg Premix and mix well

Method of baking

- 1 Preheat the oven to 165° C for 5 – 10 minutes
- 2 Pour Battermix of Futoppia™ MM 009 Plant-based egg premix into tart shell
- 3 Baked for 12 minutes
- 4 Sprinkle the egg tart with cinnamon powder
- 5 Ready to serve



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