



Better Nature uses food by-products to make a fish alternative | Photo source [Better Nature](#)

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UPCYCLING FOOD BY-PRODUCTS INTO PLANT-BASED FISH

 FOOD & DRINK

A startup is creating the fish alternative using a fermentation process

Spotted: Aggressive and unsustainable farming methods, greenhouse gas emissions, and loss of biodiversity. These are some of the negative impacts associated with the seafood industry. In response, the global plant-based fish market is projected to reach a valuation of **\$1.3 billion** (around €1.2 billion) by 2031.

Against this backdrop, UK-based food-tech company Better Nature has secured a £350,000 (around €410,000) grant to develop plant-based fish made from food by-products. The company aims for the new range of sustainable seafood products to be nutritious, delicious, and environmentally friendly.

The grant, which comes from the UK's innovation agency, Innovate UK, will enable Better Nature to build on the company's proprietary fermentation methods, which are inspired by tempeh – a protein-rich plant-based food originating in Indonesia. This traditional Indonesian delicacy is made by fermenting soybeans.

The new fish alternative will be low in fat and cholesterol, but high in protein and omega-3 fatty acids. Better Nature's products are not only good for health – they also have a positive impact on the environment. Traditional seafood farming is often damaging to ecosystems, but Better Nature's products are produced in a way that minimises environmental impact. In addition, their products are completely free from antibiotics and other chemicals often used in conventional seafood farming.

The project aims to have upcycled vegan fish on the table by 2026.

Recent years have seen a revolution in plant-based food. Springwise has recently spotted a [protein-rich food additive made from duckweed, animal-free proteins and preservatives, and alternative fats](#)

produced through fermentation.

Written By: Katrina Lane

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Website: betternaturetempeh.co

Contact: betternaturetempeh.co/contact

Takeaway:

There are a number of reasons why plant-based seafood is a better choice for the environment. First, it requires far less water to produce than traditional seafood. One study has shown that freshwater withdrawals from US aquaculture amounted to **7,550 mega gallons of water per day** in 2015, 2 per cent of total US water withdrawals for that year. Plant-based seafood also doesn't generate any toxic waste or pollute our waterways with chemicals and antibiotics. Additionally, it is an efficient use of resources as it doesn't require feed or oxygen like fish do. This means that we can produce more plant-based seafood with less of an impact on the environment.