



Fish Analogues

CNTA

Like a
PRO



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LIKE-A-PRO is a EU-funded project aiming to facilitate sustainable and healthy diets by mainstreaming alternative proteins and products, making them more available, accessible and acceptable.

Benefits of fish analogues

LIKE-A-PRO fish analogues are ready-to-eat, surimi-style foods that incorporate alternative protein ingredients from the project into familiar meal formats. Combining high protein and fibre contents with convenient preparation, they offer a practical way to diversify protein sources in everyday diets. Their use in salads, pasta dishes and prepared meals gives consumers more choice and provides manufacturers with a starting point for developing nutritious seafood-style alternatives for retail and foodservice.



Development challenges

Developing seafood analogues requires balancing nutritional quality with the flavour and texture consumers are used to in traditional fish products. Alternative proteins differ in how they form structure and can introduce unwanted flavours, making formulation and processing critical to product acceptance. Maintaining sensory quality during refrigerated storage is another challenge. Moreover, manufacturers must also achieve consistent performance at industrial scale and competitive production costs to turn promising prototypes into commercially viable products.



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CNTA's solution

Within LIKE-A-PRO, CNTA developed three surimi-style fish analogues using pea protein, fava bean protein and krill protein hydrolysate. Each formulation combines these ingredients with potato protein, starches and fibres to create a cohesive structure.

Using Yanagilla technology, the mixtures are continuously shaped and set with steam, producing cooked strands with a firm, surimi-style texture. CNTA combined pilot-scale production with nutritional, microbiological and sensory assessments, including refrigerated storage trials. This work provides tested formulations and processing know-how that manufacturers can build on with CNTA to develop products suited to their applications and markets.



Nutritional advantages

All three formulations are high in protein and fibre. The pea-based analogue also achieves Nutri-Score A and provides more protein and fibre and less sugar per 100 g than the selected conventional surimi benchmark.



Versatile products for familiar meals

The ready-to-eat, surimi-style format allows consumers to replace conventional surimi in everyday dishes while keeping familiar recipes and meal routines. Different protein formulations and adaptable shapes give manufacturers scope to develop products for retail and foodservice applications.



Scalability supported by pilot production and technical expertise

CNTA has produced approximately 20 kg pilot batches using a process compatible with surimi-type production lines. Its formulation, testing and technology-transfer capabilities support partners in adapting products and validating larger-scale production.



Commercial opportunity in alternative proteins

European retail sales of plant-based meat and seafood reached an estimated US\$3.6 billion in 2025. For manufacturers entering the seafood-alternative category, CNTA offers product-development expertise and tested concepts that can be adapted to their portfolios.

CNTA works with food manufacturers to develop and validate alternative-protein products tailored to their markets. This collaboration draws on CNTA's formulation expertise, pilot testing and technology-transfer capabilities. Through R&D partnerships and process licensing, companies can build on these developments or explore new formulations, with CNTA supporting the route from product concept to industrial validation.