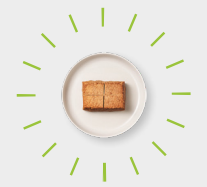




# JAPANESE CRUMBED TOFU BURGER

with Sesame Fries & Soy Aioli



Crumb tofu and add to a burger!



Potato



Mixed Sesame Seeds



Cucumber



Carrot



Garlic Aioli



Panko Breadcrumbs



Japanese Tofu



Bake-At-Home Burger Bun



Cos Lettuce Leaves

Hands-on: 30 mins  
Ready in: 35 mins

Whoa! A crumbed tofu burger?! We reckon it's fusion at its finest - but we'll let you be the judge of that. We recommend a generous lashing of the soy aioli (oh - and rolled up sleeves!).

**Pantry Staples:** Olive Oil, Rice Wine Vinegar, Soy Sauce, Sugar, Plain Flour, Egg

# BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **oven tray** lined with **baking paper** • **medium frying pan**



## 1 BAKE THE SESAME FRIES

Preheat the oven to **220°C/200°C fan-forced**. Cut the **potato** (unpeeled) into 1cm fries. Spread the fries over an oven tray lined with baking paper, season with **salt** and **pepper** and **drizzle** with **olive oil**. Sprinkle with the **mixed sesame seeds** and toss to coat. Bake until tender, **25-30 minutes**.

**TIP:** Cut the potato to the correct size so it cooks in the allocated time.



## 2 PICKLE THE CUCUMBER

While the fries are baking, thinly slice the **cucumber** on an angle. In a medium bowl, combine the **rice wine vinegar**, **water** and a **good pinch** of **sugar** and **salt**. Add the **cucumber** slices to the pickling liquid and stir to coat. Set aside, tossing occasionally, until serving.



## 3 MAKE THE SOY AIOLI

Grate the **carrot** (unpeeled) and set aside. In a small bowl, combine the **garlic aioli** with **soy sauce** (**1 tsp for 2 people / 2 tsp for 4 people**) and the **sugar**.



## 4 CRUMB THE TOFU

In a shallow bowl, place the **plain flour**. In a second shallow bowl, whisk the **egg** with the **remaining soy sauce** (**2 tsp for 2 people / 1 tbs for 4 people**). In a third shallow bowl, place the **panko breadcrumbs** and season with **salt** and **pepper**. Gently dip the **Japanese tofu** pieces into the **flour**, followed by the **egg mixture** and finally in the **breadcrumbs**. Set aside on a plate.



## 5 COOK THE CRUMBED TOFU

When the fries have **10 minutes** cook time remaining, in a medium frying pan, heat enough **olive oil** to coat the base of the pan over a medium-high heat. When the oil is hot, add the crumbed **tofu** and cook until golden, **2-3 minutes** each side. Transfer to a plate lined with paper towel. Place the **bake-at-home burger buns** on a wire rack in the oven until heated through, **3 minutes**.



## 6 SERVE UP

Drain the pickled cucumber. Spread the burger buns with the soy aioli, then top with the grated carrot, crumbed Japanese tofu, pickled cucumber and **cos lettuce leaves**. Serve the sesame fries and any remaining veggies on the side.

# ENJOY!

# 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	2	4
mixed sesame seeds	1 sachet	2 sachets
cucumber	1	2
rice wine vinegar*	¼ cup	½ cup
water*	¼ cup	½ cup
carrot	1	2
garlic aioli	1 tub (50 g)	2 tubs (100 g)
soy sauce*	3 tsp	1½ tbs
sugar*	½ tsp	1 tsp
plain flour*	2 tbs	4 tbs
egg*	1	2
panko breadcrumbs	1 packet	2 packets
Japanese tofu	1 packet	2 packets
bake-at-home burger bun	2	4
cos lettuce leaves	1 bag (30 g)	1 bag (60 g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	4590kJ (1100Cal)	624kJ (149Cal)
Protein (g)	45.7g	6.2g
Fat, total (g)	37.9g	5.2g
- saturated (g)	7.2g	1.0g
Carbohydrate (g)	134g	18.2g
- sugars (g)	13.2g	1.8g
Sodium (g)	1860mg	253mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

→ JOIN OUR PHOTO CONTEST!

   #HelloFreshAU

We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

[Hello@HelloFresh.com.au](mailto:Hello@HelloFresh.com.au)

2019 | WK41

