

MARLEY SPOON



Creole Tofu Burgers

with Smoky BBQ Sauce



20-30min



2 Portions

Tired of the boring mushroom burger when you're in the mood for a hearty sandwich for dinner? Well this burger will blow your mind! We've used tofu as your protein and crusted it with a Creole spice mix, then we've teamed it with a smoky BBQ sauce and a zesty lime and tomato salsa. All sandwiched between fresh burger buns with a smothering of aioli, trust us you won't even need chips!

What we send

- coriander, shallot
- aioli ^{3,7}
- burger buns ^{1,7}
- baby cos lettuce
- Creole spice mix
- firm tofu ⁶
- potato flour
- BBQ Sauce 50gm
- lime
- roma tomato

What you'll require

- caster sugar
- salt and pepper
- vegetable oil
- vinegar

Utensils

- grater
- medium frypan
- paper towel
- small saucepan

- Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Gluten (1), Egg (3), Soy (6), Milk (7).
May contain traces of other allergens.

Nutrition per serving

Energy 650.0kcal, Fat 25.4g, Proteins 26.2g, Carbs 100.9g



1. Make smoky sauce

Drain the **tofu** between 2 sheets of paper towel, placing a small plate and a weight on top to help drain out moisture. Slice the tofu into six thin slices. Place the **smoky BBQ sauce**, 2 tbs **vinegar**, 2 tsp **sugar** and half of the **Creole spice mix** in a small saucepan and simmer for 3 mins or until slightly thickened. Set aside to cool.



4. Fry tofu

Place the **potato flour** and remaining **spice mix** on a shallow plate. Season with **salt and pepper** and combine. Coat **tofu** in **flour mixture**. Heat 1 tbs **oil** in a medium frypan over high heat. Cook tofu for 3-4 mins each side, turning carefully until crisp and golden. Drain on paper towel.



2. Prepare ingredients

Meanwhile, thinly slice the **shallot**. Chop the **tomato**. Zest and juice half the **lime** and cut the other half into wedges. Pick the **coriander** leaves and finely chop the stems. Cut **buns** in half. Coarsely tear the **lettuce** leaves.



5. Toast buns

Wipe pan clean and reheat over high heat. Place **buns**, cut-side down, for 1-2 mins or until toasted.



3. Make salsa

Combine the **shallot**, **tomato**, **lime zest**, 2 tsp **lime juice**, 1 tbs **oil** and the **coriander** in a bowl and season with **salt and pepper**.



6. Assemble burgers

Spread a little of the **aioli** over the **toasted buns** and fill with the **lettuce leaves**, **tofu**, drizzle of **smoky sauce** and **salsa**. Add **bun tops** and serve with **lime wedges**.