

## Japanese Patties

with Slaw and Wasabi Mayo



20-30min



2 Portions

Give regular rissoles a run for their money with this Japanese take. The secret lies in the mix of grass-fed beef mince and tofu, which give them an incredibly light, silky finish, as well as shichimi togarashi, a Japanese spice blend that's added to the patties and sprinkled generously on top. With creamy, wasabi-spiked mayo for dipping, it's guaranteed to please.

## What we send

- red cabbage
- wasabi
- silken firm tofu <sup>6</sup>
- carrot
- sesame oil <sup>11</sup>
- grass-fed beef mince
- aioli <sup>3</sup>
- mirin <sup>1</sup>
- schichimi togarashi <sup>11</sup>
- red onion

## What you'll require

- egg <sup>3</sup>
- Oil
- sea salt and pepper
- soy sauce <sup>6</sup>
- sugar
- vinegar

## Utensils

- medium frypan
- paper towel

Our vegies come fresh from the farm, so please wash them before use.

## Allergens

Gluten (1), Egg (3), Soy (6), Sesame (11).  
May contain traces of other allergens.

## Nutrition per serving

Energy 705kcal, Fat 41.9g, Carbs 26.7g,  
Proteins 50.4g



### 1. Prepare ingredients

Open the **tofu** according to the packet instructions, then drain on paper towel. Peel and coarsely grate the **carrots**. Trim and finely shred the **cabbage**. Thinly slice **half the onion** (reserve remainder for another use). Put **2 tsp white vinegar**, **1½ tsp sugar** and **½ tsp salt** in a large bowl and stir until dissolved. Stir in onion and set aside to lightly pickle.



### 4. Make wasabi mayo

Meanwhile, combine the **mayonnaise** and **wasabi** in a small bowl.



### 2. Prepare patties

Put the **beef**, **½ tsp shichimi togarashi**, **half the tofu** (reserve remainder for another use) and **1 egg white** in a bowl and season with **salt and pepper**. Using damp hands, combine well, then shape into two patties, about 10cm wide and 1.5cm thick.



### 5. Make dressing

Put the **mirin**, **sesame oil**, **2 tbs soy sauce** and **1½ tsp sugar** in a small bowl and stir until the sugar dissolves.



### 3. Cook patties

Heat **2 tsp vegetable oil** in a medium frypan over medium-high heat. Add the **patties** and cook for 3 mins or until browned. Turn over, cover with a lid and cook for a further 3-4 mins until cooked through. Remove from pan and rest for 3 mins.



### 6. Get ready to serve

Add the **carrot**, **cabbage** and **dressing** to the **pickled onion** and toss well to combine. Sprinkle the **patties** with the **remaining shichimi togarashi** and serve with the **slaw** and **wasabi mayo**.