

Japanese Patties

with Slaw and Wasabi Mayo



20-30min



4 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

- grass-fed premium beef mince
- onion
- mirin vinegar ¹
- red cabbage
- carrot
- shichimi togarashi ¹¹
- aioli ³
- Wasabi sachet
- sesame oil ¹¹
- silken firm tofu ⁶

What you'll require

- egg ³
- Oil
- sea salt and pepper
- soy sauce ⁶
- sugar
- vinegar

Utensils

- large frypan with lid
- 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 700kcal, Fat 41.9g, Carbs 25.8g,
Proteins 49.8g



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 the **onion**. Put **1 tbs white vinegar**, **3 tsp sugar** and **1 tsp salt** in a large bowl and stir until dissolved. Stir in the 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**, **1 tsp shichimi togarashi**, the **tofu** and **1 egg** in a bowl and season with **salt and pepper**. Using damp hands, combine well, then shape into four patties, about 10cm wide and 1.5cm thick.



5. Make dressing

Put the **mirin**, **sesame oil**, **80ml (1/3 cup) soy sauce** and **3 tsp sugar** in a small bowl and stir until the sugar dissolves.



3. Cook patties

Heat **1 tbs vegetable oil** in a large 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**.