



# UCOOK

## BBQ Tofu Burger

**with golden roast wedges, charred pineapple & pickled slaw**

The ultimate tofu BBQ burger. You'll be smitten! A soft pillowy bun, perfectly charred pineapple, lashings of That Mayo vegan mayo, and of course, a fabulous pickled slaw. Sign me up!

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**Hands-On Time:** 30 minutes

**Overall Time:** 45 minutes

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**Serves:** 3 People

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**Chef:** Ella Nasser

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 Vegetarian

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 Warwick Wine Estate | First Lady Chardonnay

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## Ingredients & Prep

600g	Potato <i>cut into wedges</i>
330g	Non-GMO Tofu <i>drained, pat dry &amp; grated</i>
15ml	NOMU Peri-Peri Rub
30ml	CarbSmart BBQ Sauce
300g	Cabbage <i>thinly sliced</i>
150g	Cucumber <i>diced</i>
60ml	White Wine Vinegar
180g	Tinned Pineapple Rings <i>drained</i>
3	Schoon Burger Buns <i>defrosted &amp; halved</i>
60ml	That Mayo (Vegan)

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Tinfoil  
Grater  
Butter (optional)

**1. GOLDEN WEDGES** Preheat the oven to 200°C. Place the potato wedges on a roasting tray, coat in oil, and season. To make sure they do get crispy, don't overcrowd the tray — use two trays instead! Roast in the hot oven for 35-40 minutes until cooked through and crisping up, shifting halfway.

**2. PATTY PARTY** In a bowl, mix the grated tofu, 30ml of oil, the peri-peri rub, and the BBQ sauce. Divide the mixture into 3 round but flat-ish patties. Make sure to really press each patty together - this will help prevent them from falling apart! Place on a plate and place in the refrigerator for at least 10-15 minutes.

**3. PICKLE & BAKE** In a bowl, add the sliced cabbage, the diced cucumber and the vinegar (to taste). Toss until fully combined and set aside to pickle. Place the chilled patties on a lightly greased tinfoil lined baking tray and bake in the hot oven for 20-25 minutes until golden brown and cooked through.

**4. CHAR THE RINGS** Place a pan over a medium-high heat with a drizzle of oil. When hot, fry the pineapple rings for 2-3 minutes per side, until charred. Remove from the pan.

**5. TOASTY BUNS** Spread butter on the cut sides of the halved buns or brush with oil. Return the pan to a medium-high heat. When hot, place the buns cut-side down in the pan and toast for 1-2 minutes until crisp and golden.

**6. GET YOUR BBQ ON!** Smear the mayo on the toasted bun halves. Layer the bottom half with the pickled slaw and top with BBQ patty and the charred pineapple rings. Serve the crispy potato wedges on the side with any remaining slaw. Mmm!

## Nutritional Information

Per 100g

Energy	405kJ
Energy	97Kcal
Protein	3.6g
Carbs	15g
of which sugars	3.1g
Fibre	1.9g
Fat	2.1g
of which saturated	0.5g
Sodium	96mg

## Allergens

Egg, Gluten, Dairy, Allium, Sesame, Wheat, Sulphites, Soy

Cook  
within  
4 Days