



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!

Hands-On Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Ella Nasser

 Vegetarian

 Warwick Wine Estate | First Lady Chardonnay

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Ingredients & Prep

200g	Potato <i>cut into wedges</i>
110g	Non-GMO Tofu <i>drained, pat dry & grated</i>
5ml	NOMU Peri-Peri Rub
10ml	CarbSmart BBQ Sauce
100g	Cabbage <i>thinly sliced</i>
50g	Cucumber <i>diced</i>
20ml	White Wine Vinegar
60g	Tinned Pineapple Rings <i>drained</i>
1	Schoon Burger Bun <i>defrosted & halved</i>
20ml	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. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

2. PATTY PARTY In a bowl, mix the grated tofu, 10ml of oil, the peri-peri rub, and the BBQ sauce. Divide the mixture into a round but flat-ish patty. Make sure to really press the 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 patty on a lightly greased tinfoil lined baking tray and bake in the hot oven for 15-20 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 bun 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