



Korean BBQ Tofu Burgers with Quick Pickled Veg & Sweet Potato Cubes

Have you ever tried sweet potatoes before? They have a lower glycemic index than regular potatoes meaning they have a more stabilising effect on blood sugar. In addition they contain anthocyanins - important antioxidants which contribute to heart health and protection from carcinogens. You can spot anthocyanin containing veg from their colour.

Nutritional Info

Calories: 672 kcal
Carbohydrates: 63 g
Protein: 21 g
Fat: 31 g

Ingredients

- | | | |
|-------------------------|----------------------|--------------------|
| • Tofu | • Rice Vinegar | Your Pantry |
| • Korean BBQ Sauce | • Vegan Brioche Buns | • Olive oil |
| • Carrots | • Crème Fraîche | • Salt |
| • Spring Onions | • Fresh Coriander | • Pepper |
| • Purple Sweet Potatoes | | • Sugar |

Allergens

Wheat (Brioche Bun, BBQ Sauce)
Soybean (Tofu, BBQ Sauce)
Milk (Crème Fraîche)
Sesame (BBQ Sauce)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) Preheat the oven to 200°C

2) Make the sweet potato cubes

Peel and cut the sweet potatoes into small cubes. Place on a baking tray with a drizzle of oil, salt and pepper. Toss together and cook for 20-30 minutes or until tender and crisp! Meanwhile....

3) Prepare the tofu

Slice the tofu into steaks and place in a bowl with half the Korean BBQ sauce. Leave to sit for 10 minutes to marinade.

4) Prepare the vegetables

Finely chop the fresh coriander. Peel the carrot and use the peeler to shave it into ribbons. Slice the spring onion thinly. Combine the carrots and spring onions in a bowl with the rice vinegar, a pinch of salt, and a pinch of sugar - this is your quick-pickled veg.

5) Cook the tofu

Heat a frying pan over high heat. Once hot, add a drizzle of oil and carefully lay the tofu steaks into the pan. Cook until golden and caramelising on both sides then spoon over the remaining sauce, flipping so both sides are covered. Switch the heat off and transfer the tofu to a plate.

6) Plate the dish

Lightly toast the burger buns. Spread some of the Crème Fraîche on one side. Lay the Korean Tofu over and top with some of the quick pickled veg and the coriander, then top with the bun. Serve the burger alongside the sweet potato cubes.



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