



393. Tandoori-Spiced Tofu Burger with Cooling Mint Yogurt

Golden tandoori-spiced tofu layered on a soft burger bun with cooling Greek yogurt, fresh mint, mango chutney, crisp cucumber, cherry tomatoes, and a side of sweet potatoes for a perfectly balanced, flavor-packed burger.

Nutritional Info

Calories: 562 kcal
 Carbohydrates: 88 g
 Protein: 26 g
 Fat: 14 g

Ingredients

- Firm Tofu
- Fresh Mint
- Sweet Potato
- Cucumber
- Cherry Tomato
- Greek Yoghurt
- Mango Chutney
- Brioche Bun
- Tandoori Masala

Your Pantry

- Olive Oil
- Salt
- Pepper

Allergens

Wheat (Brioche)
 Milk (Brioche, Yoghurt)
 Egg (Brioche)

Tandoori Masala may contain traces of nuts, peanuts, celery, sesame, gluten, sulphites)

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 chips

Cut the sweet potatoes into thin chips. Toss with a little oil, salt and pepper. Lay across a baking tray and place in the oven for around 30 minutes. While they cook move onto the next step.

3) Flavour and cook the tofu

Mix together the tandoori spice mix, a pinch of salt and a drizzle of oil in a bowl to form a paste. Slice the tofu into 1cm thick slices. Carefully add the tofu slices and coat with the spice mix. Place on another baking sheet and put in the oven for 25-30 minutes or until golden and crisp.

4) Prepare the vegetables and the mint yoghurt

Slice the cucumber. Finely chop the mint. Mix some mint in with the yoghurt and set aside. Quarter the tomatoes and add to a bowl with a little olive oil. Then mix the remaining cucumber in with the bowl of tomatoes.

5) Toast the buns

6) Assemble the burgers

Spread the mint yoghurt on one side and the mango chutney on the other. Add the tofu, then close the burger.

7) Serve the dish

Serve the burgers alongside the sweet potato fries, remaining mint yoghurt, and tomato & cucumber salad. Enjoy!



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