



Buffalo Blue Tofu Burger with Sweet Potato Fries

A hearty plant-based burger tossed in tangy buffalo hot sauce, topped with creamy Cashel blue cheese, all tucked into a soft brioche bun with crunchy lettuce. Served up with sweet potato fries and a drizzle of honey mayo for that sweet-and-spicy kick.

Nutritional Info

Calories: 892.5 kcal
Carbohydrates: 97 g
Protein: 35 g
Fat: 42 g

Ingredients

- Tofu
- Cashel blue cheese
- Buffalo hot sauce
- Sweet Potato
- Garlic Clove
- Mayo
- Plain flour
- Honey
- Brioche Bun
- Lettuce

Your Pantry

- Olive Oil
- Salt & Pepper

Allergens

Wheat (Brioche, Flour)
Soybean (Tofu)
Milk (Cheese)
Egg (Brioche, Mayonnaise)
Mustard (Mayonnaise)

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 fries

Cut the sweet potatoes into thin fries - peel if you like, but it's not necessary. Spread across a baking sheet and drizzle with oil. Season with salt and pepper and mix well. Transfer to the oven for 30 mins, tossing the chips halfway through. While the chips cook....

3) Prepare the tofu

Slice the tofu into burger-size slices, about 2cm thick. Cover on both sides with half of the buffalo sauce. Set aside to marinate. Meanwhile...

4) Prep the vegetables and sauces

Peel and crush the garlic. Wash and dry the lettuce. Put the blue cheese into a bowl with the mayo and half the garlic. Mix well using the back of a fork to mash down the blue cheese.

In another bowl, combine the remaining buffalo sauce, garlic, and honey.

5) Cook the tofu

Sprinkle the plain flour over a plate and lay the tofu in, flipping over to coat. Place a frying pan on medium heat and once hot, add a drizzle of oil. Cook for 2-3 minutes, then flip, then cook for another 2 minutes. When the tofu is looking golden and crisp, spoon half of the buffalo honey sauce over, cooking for 10-20 seconds, then flip. Spoon the remaining glaze over and cook for another 20-30 seconds, flipping again. Once caramelised, remove the tofu from the pan.

6) Toast the buns

7) Assemble the burgers

Spread the blue cheese on the toasted burger buns. Lay the tofu on top. Finish with a couple of leaves of lettuce and close the burger. Serve alongside the remaining lettuce and chips. Enjoy!



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