



Sweet Chilli Tofu and Roasted Pepper Burger

with Chips and Rocket Salad

22

Classic 40-45 Minutes • Mild Spice • Veggie



Potatoes



Bell Pepper



Firm Tofu



Indonesian
Style Spice Mix



Sweet Chilli
Sauce



Red Wine
Vinegar



Sliced Burger
Buns



Wild Rocket

Pantry Items

Oil, Salt, Pepper, Plain Flour, Sugar, Olive Oil, Mayonnaise

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep. Ingredients in **red** are hot!

Cooking tools

Baking tray, kitchen paper, bowl and frying pan.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Bell Pepper***	1	1½	2
Firm Tofu** 11)	280g	420g	560g
Indonesian Style Spice Mix	1 sachet	1 sachet	2 sachets
Sweet Chilli Sauce	64g	96g	144g
Red Wine Vinegar 14)	12g	18g	24g
Wild Rocket**	20g	40g	40g
Sliced Burger Buns 13)	2	3	4
Pantry	2P	3P	4P
Plain Flour*	1 tbsp	1½ tbsp	2 tbsp
Sugar for the Dressing*	½ tsp	¾ tsp	1 tsp
Mayonnaise*	3 tbsp	4 tbsp	5 tbsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	555g	100g
Energy (kJ/kcal)	3122 / 746	562 / 134
Fat (g)	31.5	5.7
Sat. Fat (g)	3.6	0.7
Carbohydrate (g)	91.8	16.5
Sugars (g)	23.9	4.3
Protein (g)	26.8	4.8
Salt (g)	1.08	0.19

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

11) Soya **13)** Cereals containing gluten **14)** Sulphites


Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Chip, Chip, Hooray

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).

Pop the **chips** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, bake on the middle shelf until golden, 30-35 mins. Turn halfway through.



Bring on the Sweet Chilli

Once cooked, transfer the **tofu** to a plate lined with kitchen paper.

Return the pan to low heat and add the **sweet chilli sauce**, a splash of **water** and the remaining **Indonesian style spice mix**. Stir until well combined, 1 min.

Return the **cooked tofu** to the pan, turning gently to coat in the **sauce**. Set aside.



Get your Peppers In

Meanwhile, halve the **bell pepper** lengthways and discard the core and seeds.

Lay the **pepper halves**, cut-side down, onto another baking tray.

Drizzle with **oil**, season with **salt** and **pepper**, then roast on the top shelf of your oven until soft and slightly charred, 18-20 mins.



Finishing Touches

In a medium bowl, combine the **red wine vinegar**, **sugar** and **olive oil for the dressing** (see pantry for both amounts). Season with **salt** and **pepper**, then set aside.

Halve the **burger buns**. Pop onto a baking tray and into the oven to warm through, 2-3 mins.

Just before you're ready to serve, add the **rocket** to the bowl and toss to coat in the **dressing**.



Tofu Time

While everything roasts, drain the **tofu** and cut widthways into slices (3 per person). Pat dry with kitchen paper.

Add the **tofu** to a medium bowl with the **flour** (see pantry for amount) and **half** the **Indonesian style spice mix**. Season with **salt** and **pepper**, then toss to coat.

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **tofu** and fry until golden on all sides, 8-10 mins. Turn frequently to ensure it doesn't burn.



Assemble and Serve

When everything's ready, pop the **buns** onto your plates and spread the **mayo** (see pantry for amount) over both cut sides.

Stack each **bun base** with a **roasted pepper half** and the **glazed tofu slices**. Spoon over any remaining **sweet chilli glaze** from the pan and sandwich shut with the **bun lid**.

Serve with the **chips** and **rocket salad** alongside.

Enjoy!