



More Than Food
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Smoked Tofu Burger with Smashed Avocado, Golden Fries and Zesty Salad

Vix is not one to back down from a dare, so when André bet she could never make a tofu burger, as delicious as his mum's smoky BBQ burger, she had to accept the challenge. Using our delicious new smoked tofu and tasty Stoke's BBQ sauce as her secret weapon, she stepped up to the test with the tastiest veggie burger yet!



30 mins



3 of your
5 a day



spicy



eat within
4 days



veggie



mealkit



Red Potato
(1 pack)



Baby Gem Lettuce
(1)



Vine Tomato
(2)



Lime
(1)



Coriander
(1 bunch)



Avocado
(1)



Smoked Tofu
(1 block)



Brioche Bun
(2)



Hot & Spicy BBQ
Sauce (2 tbsp)


2 PEOPLE INGREDIENTS

- Red Potato, sliced
- Baby Gem Lettuce, shredded
- Vine Tomato, sliced and chopped
- Lime
- Coriander, chopped

1 pack
1
2
1
1 bunch

- Avocado
- Smoked Tofu, sliced
- Brioche Bun
- Hot & Spicy BBQ Sauce

1
1 block
2
2 tbsp

 Our fruit and veggies may need a little wash before cooking!

Did you know...

Tofu was introduced to Japan in the eighth century, and was originally called okabe.

Hot & Spicy BBQ Sauce: Tomato Purée, Sugar and Cane Molasses (21%), Water, Spirit Vinegar, Honey (5%), Black Treacle (4%), Rapeseed Oil, Seasoning (2%) (Salt, Sugar, Smoke Powder (Smoke Flavouring), Honey Powder, Tomato Powder, Thickener: Modified Maize Starch, Natural Flavouring Extracts, Smoke Flavouring, Garlic Powder, Onion Powder, Spices, Barley Malt Extract, Stabiliser: Xanthan Gum), Thickener: Modified Maize Starch, Worcestershire Sauce (Malt Vinegar (from Barley), Spirit Vinegar, Molasses, Sugar, Salt, Anchovies (Fish), Tamarind Extract, Onions, Garlic, Spice, Flavourings), Garlic Purée, Preservative: Sorbic Acid.

Allergens: Milk, Soya, Egg, Gluten, Fish.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	777 kcal / 3259 kJ	35 g	8 g	104 g	16 g	27 g	1 g
Per 100g	121 kcal / 506 kJ	5 g	1 g	16 g	2 g	4 g	0 g

1



1 Preheat your oven to 200 degrees. Cut each **potato** into 1cm wide slices (no need to peel), then cut each slice into 1cm wide fries (see photo). Pop your **fries** on a baking tray, toss with a drizzle of **oil** and a good pinch of **salt**, and place on the top shelf of your oven for 30 mins, or until browned and starting to crisp.

2



2 Meanwhile, remove the two outermost leaves from each **baby gem lettuce** and set aside. Finely slice half of the **tomatoes** and set aside too. Finely shred your remaining **lettuce** and chop the rest of your **tomato** and place both in a medium-sized bowl. Juice the **lime** and add half the **juice** to the bowl the bowl. Remove the **coriander leaves** from their stalks, roughly chop and add half to the bowl, together with a drizzle of **oil** and a pinch of **salt** and **black pepper**. Toss to combine. This is your zesty salad.

3 Split the **avocado** in half, remove the stone and then spoon the insides into another bowl. Add the remaining **lime juice** and coriander leaves to this bowl. Add a small drizzle of **oil** and a good pinch of **salt** and **black pepper** and mash with a fork. This is your **smashed avocado**.

5



4 Cut the **tofu** into 1cm thick rectangular slices.

5 Put a frying pan (no oil!) on medium-high heat. Cut each **brioche bun** in half, then toast in the pan for roughly 1 minute on each side, or until they just start to turn golden. Remove and set aside.

6 Add a splash of **oil** to the now empty pan and place in your **tofu** slices. Fry for about 3 mins on each side or until they start to crisp and turn a nice golden brown. Turn off the heat, add the **BBQ sauce** and carefully combine in the pan until it becomes warm and sticky and coats your **tofu**.

6



7 Time to assemble your burgers! Generously slather your **smashed avocado** over the inside of both the top and bottom of your **buns**. Now add your **smoked tofu** along with any extra **sauce** from the pan, your **tomato slices** and **baby gem lettuce leaves**. Voila! Serve with your **golden fries** and **zesty salad**.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!