



# Sweet Chilli Tofu and Roasted Pepper Burger with Chips and Tomato Baby Leaf Salad

Tasty Tofu 34-40 Minutes • Mild Spice • 1 of your 5 a day • Veggie

21



Potatoes



Bell Pepper



Tofu



Cajun Blackening



Sweet Chilli Sauce



Medium Tomato



Red Wine Vinegar



Glazed Burger Bun



Rocket



Mayonnaise

**Pantry Items**

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

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Baking tray, kitchen paper, bowl and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Bell Pepper***	1	1½	2
Tofu** 11)	280g	420g	560g
Cajun Blackening 9)	¾ sachet	1 sachet	1¾ sachets
Sweet Chilli Sauce	64g	96g	128g
Medium Tomato	1	1½	2
Red Wine Vinegar 14)	12g	18g	24g
Glazed Burger Bun 13)	2	3	4
Rocket**	20g	40g	40g
Mayonnaise 8) 9)	64g	96g	128g
Pantry	2P	3P	4P
Plain Flour*	1 tbsp	1½ tbsp	2 tbsp
Sugar for the Dressing*	½ tsp	¾ tsp	1 tsp
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	636g	100g
Energy (kJ/kcal)	3102/741	488/117
Fat (g)	25.3	4.0
Sat. Fat (g)	3.0	0.5
Carbohydrate (g)	102.1	16.1
Sugars (g)	27.1	4.3
Protein (g)	31.1	4.9
Salt (g)	2.29	0.36

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

## Allergens

8) Egg 9) Mustard 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, 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

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to [hellofresh.co.uk](https://hellofresh.co.uk) or use our app to rate this recipe

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



## 1 Chop the Chips

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.



## 4 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 remaining **Cajun blackening**. Stir until well combined, 1 min.

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



## 2 Get your Peppers In

Meanwhile, halve the **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.



## 5 Finishing Touches

Cut the **tomato** into 1cm chunks.

In a medium bowl, combine the **red wine vinegar**, **sugar** and **olive oil for the dressing** (see pantry for both amounts). Add the **tomatoes**, 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 **tomatoes** and toss to coat in the **dressing**.



## 3 Tofu Time

While everything roasts, drain the **tofu**, cut widthways into slices, then cut each slice in half lengthways. Pat dry with kitchen paper.

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

In a large frying pan, heat a drizzle of **oil** 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.



## 6 Assemble and Serve

When everything's ready, pop the **buns** onto your plates and spread the **mayo** over each **bun base**.

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

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

## Enjoy!

## Fancy using an air fryer?

If you'd like to use an air fryer, follow the recipe as instructed but switch out the oven instructions in the following steps for the below:

1. Preheat your air fryer to 200°C. Prep, oil and season the **chips**. Once hot, add them to the basket. Bake, shaking and turning regularly, until golden, 20-25 mins.
2. Prep, oil and season the **pepper**, then lay the halves, cut-side down, on top of the **chips** in the air fryer. Bake until soft and slightly charred, 12-15 mins.
5. Pop the **buns** into the air fryer to warm through, 1-2 mins.