

# The Satay Stack

Crispy Tofu Burger, Satay Inspired Sauce, Chips and Radish Salad

Veggie Craft Burger • 40 Minutes • Very Hot • 1 of your 5 a day • Veggie



Potatoes



Radishes



Rice Vinegar



Baby Gem Lettuce



Tofu



Thai Style Spice Blend



Panko Breadcrumbs



Coconut Milk



Peanut Butter



Sambal Paste



Ketjap Manis



Burger Bun

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**Pantry Items**

Oil, Salt, Pepper, Egg, Sugar, Mayonnaise

## 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, bowl, kitchen paper, whisk and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Radishes**	100g	150g	200g
Rice Vinegar	15ml	22ml	30ml
Baby Gem	1	2	2
Lettuce**	280g	420g	560g
Tofu** 11)	2 sachets	3 sachets	4 sachets
Thai Style Spice Blend 3)	50g	75g	100g
Panko Breadcrumbs 13)	200ml	300ml	400ml
Coconut Milk	30g	45g	60g
Peanut Butter 1)	15g	22g	30g
Sambal Paste	25g	37g	50g
Ketjap Manis 11)	2	3	4
Burger Bun 13)	1/2 tsp	3/4 tsp	1 tsp
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	735g /1114	100g /152
Fat (g)	56.4	7.7
Sat. Fat (g)	24.3	3.3
Carbohydrate (g)	110.9	15.1
Sugars (g)	20.5	2.8
Protein (g)	44.1	6.0
Salt (g)	2.63	0.36

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

## Allergens

1) Peanut 3) Sesame 11) Soya 13) Cereals containing gluten

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

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1



2



3

## 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 top shelf until golden, 25-30 mins. Turn halfway through.



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## Get Frying

Pop a large frying pan on high heat and add enough **oil** to completely coat the bottom of the pan. **TIP:** You want the oil to be hot so the **tofu** fries properly - heat for 2-3 mins before you add the **tofu**.

Once hot, carefully lay the **tofu** into the pan, reduce the heat to medium-high and fry until golden-brown, 8-10 mins total. Turn every 2-3 mins and adjust the heat if necessary.

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

## Make your Satay Sauce

Discard the **oil** from the **tofu** pan and wipe clean. Pop it back on medium-high heat.

Add the **coconut milk**, **peanut butter**, **sambal**, **ketjap manis**, **sugar for the sauce** (see pantry for amount) and remaining **Thai style spice blend** to the pan. Stir to combine.

Bring to the boil, then lower the heat and simmer until thickened, 2-3 mins.

Meanwhile, halve the **burger buns** and pop them into the oven to warm through, 2-3 mins.



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## Finish and Serve

When everything's ready, toss the **baby gem** with the **pickled radish**.

Pop the **burger buns** onto your plates and spread the **bases** with the **mayonnaise** (see pantry for amount). Add a handful of **salad** and top with your **crispy tofu**, then drizzle over some **satay sauce** and sandwich shut with the **bun lid**.

Serve your **craft burgers** with the **chips** and remaining **salad** alongside.

Pour any remaining **satay sauce** into a small bowl for dipping.

Enjoy!

