



# Sweet Chilli Tofu and Roasted Pepper Burger with Chips and Tomato & Rocket Salad

22

Classic 40-45 Minutes • Mild Spice • 1 of your 5 a day • Veggie



Potatoes



Bell Pepper



Tofu



Cajun Spice Mix



Sweet Chilli Sauce



Medium Tomato



Red Wine Vinegar



Burger Buns



Wild 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. 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
Tofu** (11)	280g	420g	560g
Cajun Spice Mix	1 sachet	1 sachet	2 sachets
Sweet Chilli Sauce	64g	96g	128g
Medium Tomato	1	1½	2
Red Wine Vinegar (14)	12g	18g	24g
Burger Buns (13)	2	3	4
Wild 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 for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	636g / 3178 / 760	100g / 500 / 119
Fat (g)	25.2	4.0
Sat. Fat (g)	3.0	0.5
Carbohydrate (g)	106.8	16.8
Sugars (g)	27.3	4.3
Protein (g)	30.7	4.8
Salt (g)	1.87	0.29

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

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## 1 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.



## 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 the remaining **Cajun spice mix** (add less if you'd prefer things milder). 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 **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.



## 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 **tomato chunks**, 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** 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 **Cajun 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.



## 6 Assemble and Serve

When everything's ready, pop the **buns** onto your plates and spread the **mayo** 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 **tomato salad** alongside.

Enjoy!