



# Sweet Chilli Tofu and Roasted Pepper Burger

with Chips and Rocket Salad

Classic 40-45 Minutes • Very Hot

22



Potatoes



Bell Pepper



Firm Tofu



Cajun Spice Mix



Sweet Chilli Sauce



Red Wine Vinegar



Burger Buns



Wild Rocket



Diced Chicken Breast

### Pantry Items

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

### CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

## 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
Cajun Spice Mix	1 sachet	1 sachet	2 sachets
Sweet Chilli Sauce	64g	96g	144g
Red Wine Vinegar 14)	12g	18g	24g
Burger Buns 13)	2	3	4
Wild Rocket**	20g	40g	40g
Diced Chicken Breast**	260g	390g	520g
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
Mayonnaise*	3 tbsp	4 tbsp	5 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	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	573g	100g	563g	100g
Energy (kJ/kcal)	3359 / 803	587 / 140	3286 / 785	584 / 140
Fat (g)	31.1	5.4	23.8	4.2
Sat. Fat (g)	3.4	0.6	2.6	0.5
Carbohydrate (g)	103.5	18.1	99.6	17.7
Sugars (g)	25.2	4.4	24.4	4.3
Protein (g)	30.3	5.3	44.1	7.8
Salt (g)	1.53	0.27	1.59	0.28

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, 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 **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.



## 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.

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



## 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

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.

## CUSTOM RECIPE

If you've chosen to get **chicken**, prep in the same way, then fry for the same amount of time. Turn the **chicken** every 2-3 mins until cooked through, then continue as instructed. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



## 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 **tomato salad** alongside.

Enjoy!