KIKKOMAN

Savoury tofu & mushroom burger

Total time **25 mins** **15 mins** preparation time **10 mins** cooking time

Nutritional facts (per portion):
2,932 kJ / 701 kcal

Fat: **33.5 g** Protein: **26 g**
Carbohydrates: **74 g**

INGREDIENTS

2 portion(s)

120 g	button mushrooms
0.5	lemon (for juice)
1 tbsp	olive oil
180 g	smoked tofu
1 tbsp	potato starch
2 tbsp	Kikkoman Toasted Sesame Oil
2 tbsp	Kikkoman Naturally Brewed Soy Sauce
2 tbsp	honey
Sauce:	
1 tbsp	Kikkoman Naturally Brewed Soy Sauce
2 tbsp	spicy ketchup
1 tsp	mayonnaise
2 tbsp	chopped parsley
1 tsp	chopped chilli
Additionally:	
2	oat buns
20 g	rocket salad
1	tomato

PREPARATION

Step 1

120 g button mushrooms - **0.5** lemon (for juice) - **1 tbsp** olive oil
Cut the button mushrooms into slices, rub them with lemon juice and fry in olive oil.

Step 2

180 g smoked tofu - **1 tbsp** potato starch - **2 tbsp** Kikkoman Toasted Sesame Oil - **2 tbsp** Kikkoman Naturally Brewed Soy Sauce - **2 tbsp** honey
Cut the tofu in half lengthwise, coat with potato starch and fry in Kikkoman Sesame Oil until golden brown. Heat Kikkoman Soy Sauce with honey in another pan and caramelise the fried tofu in it.

Step 3

Additionally:

1 tbsp Kikkoman Naturally Brewed Soy Sauce - **2 tbsp** spicy ketchup - **1 tsp** mayonnaise - **2 tbsp** chopped parsley - **1 tsp** chopped chilli - **2** oat buns - **20 g** rocket salad - **1** tomato
Mix the ingredients for the sauce. Cut the oat rolls open completely, and arrange the rocket salad, 2 slices of tomato, fried mushrooms and fried tofu on the bottom halves. Spread the sauce over the tofu and cover with the top halves of the rolls.