

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

INGREDIENTS

2 portion(s)

120 g button mushrooms0.5 lemon (for juice)

1 tbsp olive oil **180 g** smoked tofu

1 tbsp potato starch2 tbsp <u>Kikkoman Toasted</u>

Sesame Oil

2 tbsp <u>Kikkoman Naturally</u>

Brewed Soy Sauce

2 tbsp honey

Sauce:

1 tbsp <u>Kikkoman Naturally</u>

Brewed Soy Sauce

2 tbsp spicy ketchup
1 tsp mayonnaise
2 tbsp chopped parsley
1 tsp chopped chilli

Additionally:

2 oat buns20 g rocket salad1 tomato

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

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 <u>Kikkoman Naturally Brewed Soy Sauce</u> - **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.