

Tofu Burgers

Vegetarian or Vegan

Difficulty 🍃 🍃

Preparation Time: 20mins

Cooking Time: 10-15mins



Ingredients

- 1 tbsp hijiki (seaweed)
- 1/2 block of firm tofu
- 150g frozen mixed vegetables
- Salt and pepper

Sauce— add mirin, cooking sake, sugar and shoyu!

(You can customise the ingredients – adding different vegetables based on what you like!)

Method

- Add hijiki to water (allowing it to swell)
- Drain and pat tofu dry, when dry add to a bowl with vegetables
- Drain hijiki and add to bowl
- Mix by hand, adding salt and pepper to taste
- If mix is loose add egg/ replacer to bind
- If soft, add katakuriko starch
- Fry—turning over when golden

Can serve with tomato ketchup or for more

Japanese style sauce:

- Add mirin, cooking sake, sugar and shoyu into a pan.
- Quick fry burgers in the sauce.

Enjoy!

Recipe from my host mum!