

Tofu Burgers

Ingredients:

- Spray oil
- 1 red onion finely chopped
- 200g Swiss brown mushrooms, finely chopped
- 350g firm tofu
- 2 cloves garlic
- 3 Tbs finely chopped basil
- 2 cups wholegrain bread crumbs
- 1 egg, lightly beaten
- 2 Tbs balsamic vinegar
- 1 Tbs sweet chilli sauce
- 1½ cups dry wholegrain bread crumbs, extra

Method:

1. Spray oil in pan and heat
2. Add onion and cook over medium heat for 2-3 minutes
3. Add mushrooms and cook for 2 minutes
4. Leave to cool
5. In food processor, blend 250g tofu with garlic and basil until smooth
6. Transfer to large bowl and stir in onion mixture, egg, breadcrumbs, vinegar and sweet chilli sauce
7. Grate the remaining tofu and fold into mixture
8. Refrigerate for 30 minutes
9. Shape into six burgers (more if prefer small burgers) and coat in the extra bread crumbs
10. Cook either with spray oil in pan or on the BBQ for 4-5 minutes each side
11. Serve on multigrain bread with salad

(Recipe courtesy of Food Forethought)

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