



Vietnamese-style tofu burger Free Recipe 10042025

Description

Recipe

Vietnamese-style tofu burger

Juicy tofu burger, a sweet, spicy dressing and mountains of fresh, crunchy vegetables – Gaz Oakley's vegan tofu burger is a flavour bomb!

Each serving provides 465 kcal, 18g protein, 60g carbohydrates (of which 10g sugars), 16g fat (of which 2g saturates), 5.5g fibre and 1.6g salt.

Recipe tips

This recipe is a sriracha-lovers dream, but feel free to dial the chilli sauce down a bit if you're not into the extra heat. You can add extra toppings such as watercress, rocket, sesame seeds, spring onion or tomato.

[Banzai Japan MV](#)

https://www.youtube.com/watch?v=k_vQsyC_F1A

Shopping List

Fruit and vegetables 1 tbsp finely chopped Thai basil (or regular basil) 1 carrot, peeled into ribbons 1 small red chilli, finely chopped handful coriander, finely chopped, plus extra to garnish ¼ cucumber, peeled into ribbons 1 garlic clove, crushed 1 tsp lemongrass paste 1 lime, zest only 1 lime, juice only 1 tbsp finely chopped mint 1 banana shallot, finely chopped Tins, packets and jars 4 tsp vegan mayonnaise plain flour, for dusting Cooking ingredients 1 tsp brown sugar 5 tbsp buckwheat flour, or other flour (wholemeal, gram, spelt or rye) 1 tbsp olive oil 2 tsp soy sauce 3 tbsp sriracha 2 tsp sriracha 1 tbsp tomato purée Dairy, eggs and chilled 300g/10½oz extra-firm tofu, pressed to remove excess liquid

<https://youtu.be/RR8YYeb4PMk?si=KmCkolvULfrlxyK9>

[Book Novotel Hotel](#)

Mion Music Video – [Home Page](#)

Category

1. Country
2. Ingredients
3. Tofu
4. Beef
5. All Recipes

Tags

1. red chilli
2. lime juice
3. olive
4. chilli
5. banana shallot
6. buckwheat
7. carrot
8. banana
9. buckwheat flour
10. garlic
11. mint
12. brown
13. Dairy-free
14. mayonnaise
15. cucumber
16. finely chopped mint
17. Egg-free
18. olive oil
19. vegan mayonnaise
20. chopped mint
21. Pregnancy-friendly
22. brown sugar
23. basil
24. zest
25. Vegetarian
26. tomato
27. purée
28. lime zest
29. Thai
30. shallot
31. paste
32. lemongrass paste

default watermark

33. Vegan
34. lime
35. oil
36. small red chilli
37. Vietnamese-style tofu burger
38. garlic clove
39. sauce
40. finely chopped Thai basil
41. Vietnam
42. clove
43. lemongrass
44. chopped Thai basil
45. Vietnamese
46. plain flour
47. Thai basil
48. soy sauce
49. flour
50. extra-firm tofu
51. sugar
52. tomato purée
53. sriracha
54. coriander
55. juice
56. soy

Date Created

April 3, 2025

Author

admin

default watermark