

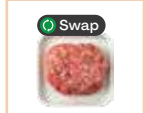


Crumbled BBQ Tofu Sandwiches

with Creamy and Crunchy Cabbage-Apple Slaw

Veggie

25 Minutes



Ground Beef
250 g | 500 g

Customized Protein **+** Add **↻** Swap or ***2** Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)



Tofu
1 | 2



Sandwich Bun
2 | 4



Gala Apple
1 | 2



Red Cabbage, shredded
56 g | 113 g



Dill Pickle, sliced
90 ml | 180 ml



BBQ Sauce
4 tbsp | 8 tbsp



Mayonnaise
4 tbsp | 8 tbsp



BBQ Seasoning
1 tbsp | 2 tbsp



Whole Grain Mustard
1 tbsp | 2 tbsp



Honey
1 | 1

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Pepper, oil, salt, sugar

Cooking utensils | Baking sheet, large bowl, measuring spoons, medium bowl, paper towels, parchment paper, 2 small bowls, strainer, whisk

1



Prep and bake tofu

- Before starting, preheat the oven to 450 ° F.
- Wash and dry all produce.

🔄 Swap | Ground Beef

- Pat **tofu** dry with paper towels, then crumble into pea-sized pieces onto a parchment-lined baking sheet.
- Sprinkle with **1 ½ tbsp** (3 tbsp) **oil** and **BBQ Seasoning**. Season with **salt** and **pepper**, then toss to coat.
- Bake in the **middle** of the oven, stirring halfway through, until golden, 17-20 min.
- When **tofu** is done, transfer to a large bowl. Add **BBQ sauce**, then toss to coat.

4



Toast buns

- Halve sandwich **buns**.
- Arrange directly on the **top** rack of the oven, cut-side up.
- Toast **buns** until golden-brown, 3-4 min. (**TIP:** Keep an eye on buns so they don't burn.)

2



Make cabbage-apple slaw

- Meanwhile, core, then cut **apple** into ¼-inch matchsticks.
- Drain **pickles** over a small bowl.
- Add **⅛ tsp** (¼ tsp) **sugar** and **½ tbsp** (1 tbsp) **mayo** to the same bowl with **pickle brine**, season with **pepper**, then whisk to combine.
- In a medium bowl, add **cabbage** and season with **salt**.
- Using your hands, massage **cabbage** until slightly tender, 1 min.
- Drizzle with **brine-mayo mixture**, then add **apples**. Toss together.

5



Finish and serve

- Spread **honey-mustard mayo** on **sandwich buns**.
- Top **bottom buns** with **pickles** and **BBQ tofu**. Close with **top buns**.
- Divide **BBQ tofu sandwiches** and **cabbage-apple slaw** between plates.

3



Make honey-mustard mayo

- Add **mustard**, **half the honey** (use all for 4 ppl) and **remaining mayo** to another small bowl.
- Season with **salt** and **pepper**, then stir to combine.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

1 | Cook beef

🔄 Swap | Ground Beef

If you've opted to get **beef**, heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp** (1 tbsp) **oil**, then **beef**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.** Carefully drain and discard **excess fat**. Add **BBQ Seasoning** and **BBQ sauce**. Cook, stirring often, until well coated, 30 sec. Season with **salt** and **pepper**, then cover to keep warm. Proceed with the recipe as written.

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.