

# HELLO Crumbled BBQ Tofu Sandwiches with Crosmused Crumble Slow

with Creamy and Crunchy Cabbage-Apple Slaw

Veggie

25 Minutes



Customized Protein Add







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 🦫

Bacon 100 g | 200 g





1 2





Gala Apple 1 | 2

shredded 56 g | 113 g







Dill Pickle, sliced 90 ml | 180 ml

4 tbsp | 8 tbsp







4 tbsp | 8 tbsp

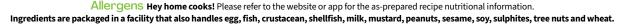




Whole Grain Mustard 1 tbsp | 2 tbsp



1 | 1



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



## Prep and bake tofu

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



## Make cabbage-apple slaw

- Meanwhile, core, then cut **apple** into 1/4-inch matchsticks.
- Drain pickles over a small bowl.
- Add ½ 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.



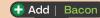
## Make honey-mustard mayo

#### 🕕 Add | Bacon 🕽

- 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.



### 5 | Finish and serve



8-12 min.\*\*

Measurements

and cook bacon

Add | Bacon

within steps

1 tbsp

3 | Make honey-mustard mayo

If you've opted to add bacon, arrange bacon **strips** in a single layer on a parchment-lined baking sheet. Roast bacon in the bottom of

the oven until crispy and cooked through,

oil

Top buns with bacon.



#### 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.)



## Finish and serve

## + Add | Bacon

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