

Tofu Burger

Serves 4 people

TONZU tofu burgers are good hot or cold and are great served on fresh soft sesame seed buns. Create your own gourmet combination of salad and sauce fillings and enjoy the light and healthy TONZU alternative to a meat patty in this easy and tasty meal!



Difficulty Level: Easy

Prep Time: 10 minutes

Cook Time: 25 minutes

Total Time: 35 minutes

INGREDIENTS

- 450g TONZU Organic Tofu, drained and pressed for ½ hour
- 1 tbsp minced celery
- 3 tbsp grated carrot
- 2 tbsp minced onions
- 1 tbsp chopped nuts or seeds
- 1 tbsp minced parsley
- ¼ tsp salt
- ⅓ cup wheat germ

HOW TO MAKE

1. Mix all the ingredients well, knead for a few minutes until smooth and holds together well.
2. Shape into patties and deep fry for 4-6 minutes until they float high in the oil and brown in colour.
3. Drain well and serve.

HOW TO SERVE

These are great served in pita bread or in a burger bun with sliced tomato, lettuce, ZENZO cheese and your favourite burger spreads! Mouth-watering yumminess!