



## Tofu Burger

### Ingredients

- 1 sudu kecil Olive Oil
- 1 Onion
- 400 g Firm Tofu
- 1 sudu kecil Coriander Powder
- 1 sudu kecil Chili Powder
- 0.5 cawan Whole Grain Breadcrumbs
- 1 sudu kecil MAGGI® CukupRasa™
- 3 Tomato
- 1 sudu besar Chili
- 0.5 sudu kecil Chili Powder
- 1 sudu besar Lemon Juice
- 0.5 sudu kecil MAGGI® CukupRasa™
- 100 g Lettuce, Iceberg (Includes Crisphead Types), Raw
- 8 slice Wholemeal Bread

### Instruction

1. Using plain cotton fabric, put the tofu on the fabric and drain all the excess water from the tofu.
2. Put the tofu in a bowl and add in onion, coriander powder, chili powder, whole grain breadcrumbs and MAGGI CukupRasa.
3. Take 100 gram per patty and form it round. Flatten it before put it in the fridge while making your sauce.
4. In a pan, add in chopped tomato, chili, chili powder and cook until the tomato like a thick sauce.
5. Sprinkle MAGGI CukupRasa and lemon to make the taste more delicious.
6. In a non-stick pan, drizzle a bit of olive oil and pan fried tofu patty each side for 2 minutes or until the color turn slightly golden brown. Continuously cooking the patty until done.
7. On a plate, use a whole meal bread top with tofu patty, add on tangy tomato sauce. Top with the salad and if preferred, can put cheese slice.
8. Finish with whole meal bun, and serve while hot.

### Nutrition

Karbohidrat	41.83 g
Tenaga	377.11 kcal
Lemak	13.2 g
Protein	27.57 g

40 Minutes

4 servings