



Japanese Patties

with Slaw and Wasabi Mayo



30 minutes



2 Portions

Give rissoles a run for their money with this Japanese take. The secret lies in the mix of grass-fed beef mince and tofu, which gives them an incredibly light, silky finish, as well as shichimi togarashi, a Japanese spice blend that's added to the patties and sprinkled generously on top. With wasabi-spiked mayo for dipping, it's guaranteed to please.

What we send

- 1 packet silken firm tofu ⁴
- 2 carrots
- 250g red cabbage
- 1 red onion
- grass-fed beef mince
- 5g shichimi togarashi spice blend ³
- 50g aioli mayonnaise ^{1,2}
- 2.5g wasabi
- 1 tbs mirin
- 2 tsp sesame oil ³

What you'll require

- 2 tsp white vinegar
- 3 tsp sugar
- sea salt and pepper
- 1 egg white
- 2 tsp vegetable oil
- 2 tbs soy sauce

Utensils

- paper towel
 - grater
 - medium frypan with lid
- As all of our veggies come straight from the farm, we recommend giving them a rinse before use.
- Oven temperatures are for conventional ovens, set to fan-forced.

Allergens

Egg (1), Milk (2), Sesame (3), Soy (4), Wheat. May contain traces of other allergens.

Nutrition per serving

Energy 705kcal, Fat 41.9g, Proteins 50.4g, Carbs 26.7g



1. Prepare ingredients

Open the **tofu** according to the packet instructions, then drain on paper towel. Peel and coarsely grate the **carrots**. Trim and finely shred the **cabbage**. Thinly slice **half the onion** (reserve remainder for another use). Put **2 tsp white vinegar**, **1½ tsp sugar** and **½ tsp salt** in a large bowl and stir until dissolved. Stir in onion and set aside to lightly pickle.



4. Make wasabi mayo

Meanwhile, combine the **mayonnaise** and **wasabi** in a small bowl.



2. Prepare patties

Put the **beef**, **½ tsp shichimi togarashi**, **half the tofu** (reserve remainder for another use) and **1 egg white** in a bowl and season with **salt and pepper**. Using damp hands, combine well, then shape into two patties, about 10cm wide and 1.5cm thick.



5. Make dressing

Put the **mirin**, **sesame oil**, **2 tbs soy sauce** and **1½ tsp sugar** in a small bowl and stir until the sugar dissolves.



3. Cook patties

Heat **2 tsp vegetable oil** in a medium frypan over medium-high heat. Add the **patties** and cook for 3 mins or until browned. Turn over, cover with a lid and cook for a further 3-4 mins until cooked through. Remove from pan and rest for 3 mins.



6. Get ready to serve

Add the **carrot**, **cabbage** and **dressing** to the **pickled onion** and toss well to combine. Sprinkle the **patties** with the **remaining shichimi togarashi** and serve with the **slaw** and **wasabi mayo**.