

RECIPE | THE MIGHTY HEMP BURGER

Servings: 8, Prep Time: 25 minutes, Cook time: 45 Minutes

INGREDIENTS

Hemp Crusted Tofu Patty: 500 g organic extra firm tofu (pressed between two tea towels to remove any excess water)

Buttermilk Wash: 250 ml coconut milk, 1 tbsp apple cider vinegar, 1 tbsp sriracha, 1 tsp Himalayan pink salt

Flour:

65 g almond flour
45 g coconut flour
25 g golden flax meal
1 tbsp garlic powder
1 tsp smoked paprika
1 tsp Himalayan pink salt

Crumb:

55 g activated walnuts
55 g activated sunflowerseeds
20 g pine nuts
20 g hemp seeds

Kaleslaw:

½ cup carrot grated
½ cup red cabbage shredded
1 cup kale stemmed and shredded
1 tbsp vegan mayonnaise
1 tbsp hemp oil
1 tsp mustard

Sriracha Mayo: 8 tbsp vegan mayonnaise, 1 tbsp sriracha

Other Burger Bits: 2 large tomatoes sliced, 8 small cos lettuce leaves washed and dried, 8 gluten-free burger buns

METHOD

1. Preheat the oven at 200 degrees Celsius and line a baking tray with baking paper.
2. Slice tofu into 8 uniform patties.
3. Coat all pieces in the Flour mixture, then dip in the Buttermilk mixture and finally coat with the Crumb mixture.
4. Place in a single layer on your pre-lined baking tray and bake for 45 minutes or until golden.
5. Flip patties over after about 30 minutes to get a golden crust on each side.
6. While your patty is baking, mix all ingredients for the kaleslaw together in a medium bowl and set aside.
7. Once your patties are done, allow them to cool at room temperature until safe to touch.
8. To assemble your burger, place 1 tbsp of sriracha mayo onto your bottom burger bun. Top with a cos lettuce leaf, slice tomato, tofu patty, kaleslaw and finish with the top half of the burger bun.

ENJOY!

