



Messy BBQ-Spiced Tofu Sammies

with Pickles and Mustard Mayo

Veggie

35 Minutes



Tofu
1 | 2



Artisan Bun
2 | 4



Cheddar Cheese, shredded
1/4 cup | 1/2 cup



Dill Pickle, sliced
90 ml | 90 ml



Mayonnaise
2 tbsp | 4 tbsp



Dijon Mustard
1 tbsp | 2 tbsp



White Wine Vinegar
1 tbsp | 2 tbsp



BBQ Seasoning
1 tbsp | 2 tbsp



Spring Mix
56 g | 113 g



Mini Cucumber
1 | 2



Garlic Spread
2 tbsp | 4 tbsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Salt, pepper, oil, sugar

Cooking utensils | Baking sheet, 2 large bowls, large non-stick pan, measuring spoons, paper towels, parchment paper, small bowl, whisk

Measurements
within steps

1 tbsp	(2 tbsp)	oil
2 person	4 person	Ingredient

1



Prep

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Add **mayo**, **Dijon** and **half the vinegar** to a small bowl. Season with **salt** and **pepper**, then stir to combine. Set aside.
- Pat **tofu** dry with paper towels. Using a fork, poke **tofu** all over, then cut into 1-inch strips.
- Add **tofu**, **BBQ Seasoning** and **1 tbsp** (2 tbsp) **oil** to a large bowl. Stir to coat.

2



Cook tofu

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **tofu**.
- Cook, turning pieces over occasionally, until golden, 5-6 min. (**TIP**: Don't overcrowd the pan; cook in 2 batches if needed.)

3



Marinate cucumbers

- Thinly slice **cucumber** into ¼-inch rounds.
- Whisk together **1 tbsp** (2 tbsp) **oil**, ¼ **tsp** (½ **tsp**) **sugar** and **remaining vinegar** in a large bowl.
- Add **cucumber**, season with **salt** and **pepper**, then toss to coat. Set aside.

4



Toast buns

- Halve **buns**, then spread ½ **tbsp** **garlic spread** on each half.
- Arrange on a parchment-lined baking sheet, cut-side up.
- Sprinkle **cheese** over **top buns**.
- Toast in **middle** of the oven, until **cheese** is melted and **buns** are golden-brown, 3-4 min.

5



Finish and serve

- Spread ½ **tbsp** (1 **tbsp**) **mustard-mayo** over **bottom buns**, then stack with **some spring mix**, **tofu** and **pickles**. Close with **top buns**.
- Add **remaining spring mix** to the large bowl with the **cucumbers**. Toss to combine.
- Divide **sammies** and **cucumber salad** between plates.
- Serve **remaining mustard-mayo** on the side for dipping.