

Korean tempeh burger, kale-avocado slaw, gochujang ketchup



Ingredients

- 300g frozen tempeh (defrosted and cut into 4 x 10cm squares)
- 1tbsp gochujang spice paste
- 1tbsp soy sauce
- 2tsp sugar
- 4 brioche burger buns
- 1 baby gem lettuce (torn)
- 1 beef tomato (sliced)

Slaw:

- 75g finely shredded kale
- 3tbsp prepared guacamole
- 2tbsp vegan mayonnaise

Ketchup:

- 100ml good quality tomato ketchup
- 1tbsp gochujang spice paste

Mayo:

- 75ml vegan mayonnaise
- 2tbsp yuzu or lime juice and zest

Method | SERVES 4

- In a bowl, mix the spice paste, soy sauce and sugar. Add the squares of tempeh, mix well, cover and leave overnight in the fridge.
- Mix the ingredients for the slaw together in a bowl.
- Mix the ingredients together for the ketchup and for the mayonnaise.
- Remove the tempeh from the marinade.
- Heat a grill or grill pan and cook the tempeh for 3-4 minutes on each side until golden.
- Toast the buns. Assemble the burger with the lettuce, sliced tomatoes, and the kale-slaw, then top with the grilled tempeh burger.
- Top with the bun lid and lightly press down.
- Serve with the ketchup and mayonnaise and some sweet potato fries.

Typical Nutritional Values

	per 100g	serving 266g
Energy	790kJ 188Kcal	2101kJ 501kcal
Fat	8.3g	22.1g
of which Saturated	1.3g	3.5g
Carbohydrate	19.1g	50.8g
of which Sugars	6.8g	18.1g
Fibre	2.6g	6.9g
Protein	9.3g	24.7g
Salt	0.88g	2.3g

Suitable for: Vegan, Nut free,
Dairy free

Allergens: Cereal gluten, Soya,
Mustard

Impact | PER SERVING

Plant based dishes use fewer natural resources in their creation than those made with meat, fish or animal derivatives. Here's the comparative impact of this dish if it was made using Beef.

CO₂ saving (g)	Land use saving (m²)	Water use saving (L)
1800	9	885