



SUMMER RECIPE

Grilled Vegetables & Tofu sandwich



For 4 burgers:

- 4 Au Pain Doré brioche burger buns
- 1 bloc of extra firm tofu
- 2 tablespoons Maple syrup
- 2 tablespoons ketchup
- 1 tablespoon vinegar
- 1 garlic glove
- 1 teaspoon chipotle powder
- Salt & pepper
- Vegetables of your choice to grill: eggplant, zucchini, red onion

Garnish:

- Tomatoes & arugula
- Mayonnaise

Preparation :

- Slice the tofu. Press lightly to remove excess water.
- In a bowl, mix all the ingredients. Add the tofu slices and marinate 5 min. on the counter.
- Preheat the bbq at medium heat.
- Grilled the tofu slices for 5 min, turn over and continue grilling for 5 min.
- Cut the vegetables of your choice. Add a dash of olive oil, salt & pepper. Grill at the same time as the burger buns.
- Add the garnishes of your choice.
- Serve.

Fun tip:

Our burger buns are sold frozen in a bag of 6.
So practical to have all summer long!

And that's it, BON APPÉTIT!