KIKKOMAN

Teriyaki cauliflower burger with halloumi

Total time **30 mins** **10 mins** preparation time **20 mins** cooking time

Nutritional facts (per portion):
2,218 kJ / 529 kcal

Fat: **27.6 g** Protein: **26.6 g**
Carbohydrates: **45.3 g**

INGREDIENTS

4 portion(s)

2	medium cauliflowers, leaves removed
6 tbsp	Kikkoman Teriyaki Marinade
3 tbsp	vegetable oil
2	red onions, each cut into 8 wedges
225 g	block halloumi, cut into 8 slices
3 tbsp	light mayonnaise
2 tsp	sriracha
	Juice of ½ lime
50 g	rocket
4	sesame seed topped buns

PREPARATION

Step 1

Preheat the oven to 200°C/180°C fan/gas mark 6. Line a baking sheet with foil.

Step 2

Slice two steaks from the middle of each cauliflower making sure it is held together by the base so that you end up with 4 steaks (set aside the smaller parts to use in another recipe). Coat the steaks in 4tbsp of the teriyaki marinade.

Step 3

Heat a wide frying pan with 1tbsp of the oil and fry the cauliflower steaks for 3-4 minutes on each side until deep brown (you may need to do this in batches). Transfer to the baking sheet and place in the oven for 10 minutes, until just tender.

Step 4

Meanwhile, add another 1tbsp of the oil to the pan and add the red onions. Cook for 5 minutes, until they're beginning to soften, then add the remaining 2tbsp teriyaki sauce and cook for a further 2 minutes, until glazed. Set aside.

Step 5

Wipe out the pan. Add the remaining oil and cook the halloumi slices for 2-3 minutes on each side until golden brown.

Step 6

Combine the mayonnaise with the sriracha and lime juice. Split the buns in half and spread some of the mayonnaise mixture over the bottom halves. Top each with a cauliflower steak, 2 halloumi slices, some of the onion and rocket then add the top of the bun. Serve with chips and salad, if you like.