



Katsu-Glazed Tofu & Pea Pod Slaw Tacos

with Garlic Aioli & Crispy Shallots

Grab your Meal Kit with this symbol



Garlic



Japanese Tofu



Pea Pods



Pear



Shredded Cabbage Mix



Garlic Aioli



Katsu Paste



Mixed Sesame Seeds



Mini Flour Tortillas



Long Chilli (Optional)



Crispy Shallots



Japanese Tofu

Prep in: **15-25 mins**
Ready in: **20-30 mins**

Get excited for dinner! These colourful handfuls are bursting with deliciousness from the sweet and tangy katsu-glazed tofu, spiked with sesame seeds for a nutty depth of flavour.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Honey

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	1 clove	2 cloves
Japanese tofu	1 packet	2 packets
pea pods	1 small bag	1 medium bag
pear	1	2
shredded cabbage mix	1 medium bag	1 large bag
garlic aioli	1 medium packet	1 large packet
honey*	1 tbs	2 tbs
katsu paste	1 medium packet	2 medium packets
mixed sesame seeds	1 medium packet	1 large packet
mini flour tortillas	6	12
long chilli  (optional)	½	1
crispy shallots	1 medium packet	1 large packet
Japanese tofu**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3343kJ (799Cal)	765kJ (183Cal)
Protein (g)	27.6g	6.3g
Fat, total (g)	48.5g	11.1g
- saturated (g)	7.9g	1.8g
Carbohydrate (g)	66.9g	15.3g
- sugars (g)	23.5g	5.4g
Sodium (mg)	1485mg	340mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4064kJ (971Cal)	757kJ (181Cal)
Protein (g)	42.2g	7.9g
Fat, total (g)	58.7g	10.9g
- saturated (g)	9.7g	1.8g
Carbohydrate (g)	71.5g	13.3g
- sugars (g)	25.8g	4.8g
Sodium (mg)	1955mg	364mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



1



Get prepped

- Finely chop **garlic**. Cut **Japanese tofu** into 1cm cubes. Set aside.
- Trim **pea pods** and cut into thirds. Thinly slice **pear**. Set aside.
- In a medium bowl, combine **shredded cabbage mix**, **pea pods**, **pear** and **garlic aioli**. Season to taste. Set aside.

TIP: Prepping the slaw first allows the cabbage to soften slightly by the time you're ready to serve.

Custom Recipe: If you've doubled your tofu, prep tofu as above.

3



Cook the tofu & heat the tortillas

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **tofu**, turning often, until browned, **2-4 minutes**. Add **katsu mixture** and cook, turning **tofu** to coat, until slightly sticky, **1-2 minutes**.
- Microwave **mini flour tortillas** on a plate in **10 second** bursts, until warmed through.

Custom Recipe: Cook tofu in batches for the best results. Return all tofu to pan before adding the katsu mixture.

2



Make the katsu glaze

- In a small bowl, combine **garlic**, the **honey**, **katsu paste**, **mixed sesame seeds** and a dash of **water**. Set aside.

4



Serve up

- Finely slice **long chilli** (if using).
- Fill tortillas with creamy pea pod slaw. Top with katsu glazed tofu.
- Sprinkle with **chilli** and **crispy shallots** to serve. Enjoy!

Rate your recipe

We need your expertise!

Let our Culinary team know what you thought: hellofresh.com.au/rate