



Japanese-Style Tofu Tacos

with Sesame Cucumber Slaw

NEW



Grab your Meal Kit with this symbol



Cucumber



Spring Onion



Garlic



Japanese Tofu



Carrot



Japanese Style Dressing



Soy Sauce Mix



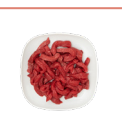
Shredded Cabbage Mix



Sesame Dressing



Mini Flour Tortillas



Beef Strips

Prep in: 15-25 mins
Ready in: 15-25 mins

Pile high soft mini tortillas with squeaky, Japanese-style tofu, sesame cucumber slaw and a sprinkling of spring onion for that extra flavour kick!

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

Pantry items

Olive Oil, Brown Sugar

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
cucumber	1	2
spring onion	1 stem	2 stems
garlic	2 cloves	4 cloves
Japanese tofu	1 packet	2 packets
carrot	1	2
Japanese style dressing	1 packet	2 packets
soy sauce mix	1 medium packet	1 medium packets
brown sugar*	½ tsp	1 tsp
shredded cabbage mix	1 medium bag	1 large bag
sesame dressing	1 medium packet	1 large packet
mini flour tortillas	6	12
beef strips**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2738kJ (654Cal)	574kJ (137Cal)
Protein (g)	25.3g	5.3g
Fat, total (g)	33.8g	7.1g
- saturated (g)	5.2g	1.1g
Carbohydrate (g)	58.2g	12.2g
- sugars (g)	19g	4g
Sodium (mg)	1804mg	378mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2787kJ (666Cal)	555kJ (133Cal)
Protein (g)	40.3g	8g
Fat, total (g)	30.8g	6.1g
- saturated (g)	6.5g	1.3g
Carbohydrate (g)	53.6g	10.7g
- sugars (g)	16.7g	3.3g
Sodium (mg)	1402mg	279mg

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

- Thinly slice **cucumber** into half-moons.
- Thinly slice **spring onion**.
- Finely chop **garlic**.
- Cut **Japanese tofu** into 2cm cubes.
- Grate **carrot**.
- In a small bowl, combine **Japanese style dressing**, **soy sauce mix** and the **brown sugar**.

3



Toss the slaw

- Meanwhile, in a medium bowl, combine **shredded cabbage mix**, **cucumber**, **carrot** and **sesame dressing**. Season to taste.
- Microwave **mini flour tortillas** on a plate in **10 second** bursts, until warmed through.

2



Flavour the tofu

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **tofu**, tossing, until browned, **3-4 minutes**. Add **garlic** and cook until fragrant, **1 minute**.
- Remove from heat and add **Japanese dressing mixture**, tossing to coat.

Custom Recipe: If you've swapped to beef strips, heat frying pan over high heat. Cook beef strips, tossing, in batches (this helps the beef stay tender) until browned and cooked through, 1-2 minutes. Return all beef to pan, add garlic and cook until fragrant, 1 minute. Remove from heat and add Japanese dressing mixture, tossing to coat.

4



Serve up

- Fill tortillas with sesame cucumber slaw and Japanese-style tofu.
- Spoon over any remaining sauce from pan.
- Sprinkle with spring onion to serve. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.com.au/rate