



Quick Sesame-Sweet Chilli Tofu Tacos

with Japanese-Style Slaw, Coriander & Peanuts

CLIMATE SUPERSTAR



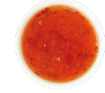
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Firm Tofu



Cornflour



Sweet Chilli Sauce



Ginger Paste



Sesame Seeds



Japanese Style Dressing



Plant-Based Mayonnaise



Carrot



Baby Spinach Leaves



Shredded Cabbage Mix



Mini Flour Tortillas



Coriander



Crushed Peanuts



Beef Strips

Prep in: 20-30 mins
Ready in: 25-35 mins



Plant Based*

*Custom Recipe is not Plant-Based

Make these moreish tofu tacos in four simple steps. With hints of zingy ginger and umami-rich soy in the sesame and sweet chilli glaze, even tofu skeptics will be lured in with this one.

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

Pantry items

Olive Oil, Soy Sauce, Vinegar (Rice Wine or White Wine)

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
firm tofu	½ packet	1 packet
cornflour	1 medium packet	1 large packet
sweet chilli sauce	1 medium packet	2 medium packets
ginger paste	1 medium packet	1 large packet
soy sauce*	2 tbs	¼ cup
sesame seeds	1 medium packet	1 large packet
vinegar* (rice wine or white wine)	1 tsp	2 tsp
Japanese style dressing	1 packet	2 packets
plant-based mayonnaise	1 packet	2 packets
carrot	1	2
baby spinach leaves	1 small bag	1 medium bag
shredded cabbage mix	1 medium bag	1 large bag
mini flour tortillas	6	12
coriander	1 bag	1 bag
crushed peanuts	1 medium packet	1 large packet
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)	3804kJ (909Cal)	685kJ (164Cal)
Protein (g)	43.5g	7.8g
Fat, total (g)	45.2g	8.1g
- saturated (g)	5.8g	1g
Carbohydrate (g)	74.3g	13.4g
- sugars (g)	24.5g	4.4g
Sodium (mg)	1744mg	314mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3822kJ (913Cal)	756kJ (181Cal)
Protein (g)	45.3g	9g
Fat, total (g)	48.5g	9.6g
- saturated (g)	8.1g	1.6g
Carbohydrate (g)	70.3g	13.9g
- sugars (g)	24.5g	4.8g
Sodium (mg)	1812mg	358mg

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

- Pat **firm tofu** (see ingredients) dry, then cut into 1cm pieces.
- In a medium bowl, combine **cornflour** and a generous pinch of **salt** and **pepper**. Add **tofu**, tossing to coat.
- In a small bowl, combine **sweet chilli sauce**, **ginger paste**, the **soy sauce**, **sesame seeds** and the **vinegar**.
- In a large bowl, combine **Japanese style dressing**, **plant-based mayonnaise**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Set aside.

Custom Recipe: If you've swapped to beef strips, combine beef strips with the cornflour as above.

3



Toss the slaw & heat the tortillas

- While tofu is cooking, grate **carrot**.
- Roughly chop **baby spinach leaves**.
- To bowl with the dressing, add **carrot**, **spinach** and **shredded cabbage mix**. Toss to combine. Season to taste.
- Microwave **mini flour tortillas** on a plate in **10 second** bursts, until warmed through.

2



Cook the tofu

- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat.
- When oil is hot, shake excess flour off tofu, then cook **tofu**, turning occasionally, until golden, **5-8 minutes**.
- Remove from heat. Stir in **sweet chilli mixture**, gently tossing **tofu** to coat.

TIP: If your pan is getting crowded, cook tofu in batches for the best results!

Custom Recipe: In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook beef strips, tossing, in batches (this helps the beef stay tender) until browned and cooked through, 1-2 minutes. Remove from heat, return all beef to pan and stir in the sweet chilli mixture, tossing beef to coat. Transfer to a plate.

4



Serve up

- Fill each tortilla with a helping of Japanese-style slaw and sesame-sweet chilli tofu.
- Tear over **coriander**.
- Sprinkle with **crushed peanuts** to serve. Enjoy!

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