



# Honey-Soy & Garlic Tofu Tacos

with Asian Green Salad & Aioli

Grab your meal kit with this number

9



Apple



Carrot



Garlic



Japanese Tofu



Soy Sauce Mix



Mini Flour Tortillas



Mixed Salad Leaves



Garlic Aioli



Everything Garnish



Japanese Tofu



Chicken Tenderloins

Prep in: **10-20** mins  
Ready in: **20-30** mins

Tender and totally delicious tofu glistens with a mouth-watering combo of garlic, soy and honey. Enjoy with a colourful salad and everything garnish all wrapped in a soft tortilla, for a refreshing mouthful packed with flavour and crunch!

## Pantry items

Olive Oil, Honey, Plain Flour, Vinegar (White Wine or Rice Wine)

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**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
<b>olive oil*</b>	refer to method	refer to method
apple	1	2
carrot	1	2
garlic	1 clove	2 cloves
Japanese tofu	1 packet	2 packets
soy sauce mix	1 packet	2 packets
<b>honey*</b>	1 tbs	2 tbs
<b>plain flour*</b>	½ tsp	1 tsp
mini flour tortillas	6	12
mixed salad leaves	1 medium packet	1 large packet
<b>vinegar*</b> (white wine or rice wine)	drizzle	drizzle
garlic aioli	1 medium packet	1 large packet
everything garnish	½ sachet	1 sachet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3132kJ (749Cal)	821kJ (196Cal)
Protein (g)	26.4g	6.9g
Fat, total (g)	38.1g	10g
- saturated (g)	6.4g	1.7g
Carbohydrate (g)	69.6g	18.2g
- sugars (g)	23.4g	6.1g
Sodium (mg)	1656mg	434mg
Dietary Fibre (g)	11.3g	3g

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



## Get prepped

- Thinly slice **apple** into wedges.
- Grate **carrot**.
- Finely chop **garlic**.
- Cut **Japanese tofu** into 2cm chunks.
- In a small bowl, combine **garlic**, **soy sauce mix**, the **honey** and **plain flour**.



## Toss the salad

- Meanwhile, microwave **mini flour tortillas** on a plate in **10 second** bursts until warmed through.
- In a large bowl, combine **apple**, **carrot**, **mixed salad leaves**, a drizzle of **vinegar** and **olive oil**. Season.



## Cook 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**.
- Remove pan from heat and add **soy sauce mixture**, tossing to coat.



## Serve up

- Spread tortillas with **garlic aioli**.
- Fill with Asian green salad and honey-soy and garlic tofu.
- Sprinkle over **everything garnish** (see ingredients) to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW26



### CUSTOM OPTIONS



#### DOUBLE JAPANESE TOFU

Follow method above, cooking in batches if necessary.



#### SWAP TO CHICKEN TENDERLOINS

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

