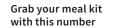


Honey-Soy & Garlic Tofu Tacos with Asian Green Salad & Aioli















Japanese Tofu









Mixed Salad



Garlic Aioli

Leaves



Everything Garnish





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

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
olive oil*	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
honey*	1 tbs	2 tbs
plain flour*	½ tsp	1 tsp
mini flour tortillas	6	12
mixed salad leaves	1 medium packet	1 large packet
vinegar*		
(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 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.



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.



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.

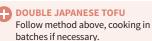


Serve up

- 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!









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

