

Katsu Glazed Tofu Tacos & Aioli Slaw

with Pear & Crispy Shallots

CLIMATE SUPERSTAR

Grab your meal kit with this number

33



Garlic



Japanese Tofu



Carrot



Pear



Shredded Cabbage Mix



Garlic Aioli



Katsu Paste



Mixed Sesame Seeds



Mini Flour Tortillas



Long Chilli (Optional)



Crispy Shallots



Chicken Tenderloins



Japanese Tofu

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

Pantry items

Olive Oil, Honey

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
garlic	1 clove	2 cloves
Japanese tofu	1 packet	2 packets
carrot	1	2
pear	1	2
shredded cabbage mix	1 medium packet	1 large packet
garlic aioli	1 medium packet	1 large packet
honey*	1 tbs	2 tbs
katsu paste	1 packet	2 packets
mixed sesame seeds	1 medium sachet	1 large sachet
mini flour tortillas	6	12
long chilli (optional) 🌶️	½	1
crispy shallots	1 medium sachet	1 large sachet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3462kJ (827Cal)	774kJ (184Cal)
Protein (g)	27.3g	6.1g
Fat, total (g)	49g	11g
- saturated (g)	9g	2g
Carbohydrate (g)	73.3g	16.4g
- sugars (g)	26.2g	5.9g
Sodium (mg)	1540mg	345mg
Dietary Fibre (g)	14.1g	3.2g

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

- Finely chop **garlic**.
- Cut **Japanese tofu** into 1cm cubes.
- Grate **carrot**.
- Thinly slice **pear**.
- In a medium bowl, combine **shredded cabbage mix** 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.



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.



Make the katsu glaze

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



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

2024 | CW28



CUSTOM OPTIONS



SWAP TO CHICKEN TENDERLOINS

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



DOUBLE JAPANESE TOFU

Follow method above, cooking in batches if necessary.

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

