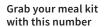


Katsu Glazed Tofu Tacos & Aioli Slaw

with Pear & Crispy Shallots

CLIMATE SUPERSTAR









Japanese Tofu





Carrot



Shredded Cabbage



Garlic Aioli





Katsu Paste





Mini Flour



Long Chilli (Optional)

Tortillas



Crispy Shallots





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) ∮	1/2	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!









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

