



Honey-Soy & Garlic Tofu Tacos

with Apple Salad & Everything Garnish

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
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**.



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 apple 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 | CW31



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.

