



Asian-Style Tofu Tacos

with Capsicum, Creamy Slaw & Peanuts

Grab your Meal Kit with this symbol



Carrot



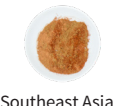
Capsicum



Firm Tofu



Cornflour



Southeast Asian Spice Blend



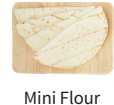
Plant-Based Asian Mushroom Sauce



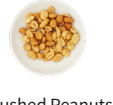
Deluxe Slaw Mix



Mayonnaise



Mini Flour Tortillas



Crushed Peanuts

Hands-on: 20-30 mins
Ready in: 20-30 mins

Team tender tofu with sweet capsicum, Southeast Asian spices and a ready-made Asian mushroom sauce, and meet your new favourite taco filling that's perfect for Meat Free Monday (or any weeknight!).

Pantry items

Olive Oil, Rice Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
capsicum	1	2
firm tofu	½ packet	1 packet
cornflour	½ medium packet	1 medium packet
Southeast Asian spice blend	1 medium sachet	1 large sachet
plant-based Asian mushroom sauce	1 medium packet	1 large packet
deluxe slaw mix	1 medium bag	1 large bag
mayonnaise	1 packet (40g)	1 packet (100g)
rice wine vinegar*	drizzle	drizzle
mini flour tortillas	6	12
crushed peanuts	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2833kJ (677Cal)	553kJ (132Cal)
Protein (g)	27.1g	5.3g
Fat, total (g)	28.9g	5.6g
- saturated (g)	3.5g	0.7g
Carbohydrate (g)	69.9g	13.6g
- sugars (g)	23.6g	4.6g
Sodium (mg)	1689mg	330mg

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://www.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

- Grate the **carrot**. Thinly slice **capsicum**.
- Cut **firm tofu** (see ingredients) into 1cm pieces.
- In a medium bowl, combine **cornflour** (see ingredients) and **Southeast Asian spice blend**. Add **tofu** and toss to coat.



Prep the slaw & heat the tortillas

- While tofu is cooking, combine grated **carrot**, **deluxe slaw mix**, **mayonnaise** and a drizzle of **rice wine vinegar** in a large bowl. Season to taste.
- Microwave **mini flour tortillas** on a plate in **10 second** bursts, until warmed through.



Cook capsicum & tofu

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **capsicum**, tossing, until tender, **4-5 minutes**. Transfer to a plate.
- Return frying pan to medium-high heat with a generous drizzle of **olive oil**. When oil is hot, shake excess flour off the **tofu**, then cook **tofu**, turning occasionally, until golden, **5-7 minutes**.
- Remove pan from heat. Add **plant-based Asian mushroom sauce** and cooked **capsicum** to pan, tossing to coat.



Serve up

- Fill each tortilla with a helping of slaw and Asian-style tofu and capsicum.
- Sprinkle with **crushed peanuts** to serve.

Enjoy!

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