



Korean-Style Bulgogi Tofu Tacos

with Slaw & Pickled Onion

Grab your Meal Kit with this symbol



Garlic



Japanese Tofu



Celery



Plant-Based Fish Sauce



Onion



Cucumber



Slaw Mix



Garlic Aioli



Mini Flour Tortillas



Long Chilli (Optional)



Crispy Shallots

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep-in: 25-35 mins
Ready in: 25-35 mins

Spicy (optional long chilli)

Add all the flavour and sizzle of Korean bulgogi to tender tofu – trust us, it's a winner! Then, add tangy quick-pickled onion, crisp cucumber and a creamy slaw, wrap it all up in soft flour tortillas and settle in for a flavourful veggie feast.

Pantry items

Olive Oil, Soy Sauce, Honey, Vinegar (White Wine or Rice Wine)

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
garlic	1 clove	2 cloves
Japanese tofu	1 packet	2 packets
celery	1 stalk	2 stalks
plant-based fish sauce	1 packet	2 packets
soy sauce*	1 tbs	2 tbs
honey*	1 tbs	2 tbs
onion	½	1
vinegar* (white wine or rice wine)	¼ cup	½ cup
cucumber	1	2
slaw mix	1 small bag	1 large bag
garlic aioli	1 large packet	2 large packets
mini flour tortillas	6	12
long chilli (optional)	½	1
crispy shallots	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3542kJ (846Cal)	713kJ (170Cal)
Protein (g)	28.4g	5.7g
Fat, total (g)	54.6g	11g
- saturated (g)	7.3g	1.5g
Carbohydrate (g)	64.6g	13g
- sugars (g)	21.8g	4.4g
Sodium (mg)	2009mg	404mg

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.



Prep the veggies

Finely chop **garlic**. Cut **Japanese tofu** into 2cm chunks. Thinly slice **celery**. In a medium bowl, combine **garlic**, **plant-based fish sauce**, the **soy sauce** and the **honey**.



Cook the tofu

In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. When oil is hot, cook **tofu** and **celery**, tossing regularly, until tofu is golden and celery is softened, **4-5 minutes**. Reduce heat to medium, then add the **soy sauce mixture** and cook, stirring, until reduced, **2-3 minutes**.



Pickle the onion

Thinly slice **onion** (see ingredients). In a small bowl, combine the **vinegar** and a generous pinch of **salt** and **sugar**. Scrunch **onion** in your hands, then add to **pickling liquid**. Add enough **water** to cover **onion**, then stir to combine. Set aside.



Heat the tortillas

Microwave **mini flour tortillas** on a plate in **10 second** bursts, until warmed through.



Get prepped

Thinly slice **cucumber** into half-moons. In a second medium bowl, add **slaw mix** and 1/2 the **garlic aioli**. Toss to coat. Season with **salt** and **pepper** to taste.



Serve up

Drain the pickled onion. Thinly slice **long chilli** (if using). Spread remaining aioli over tortillas, then top with the slaw, cucumber, Korean-style bulgogi tofu and some pickled onion. Sprinkle with **crispy shallots** and chilli to serve.

Enjoy!

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