

Quick Japanese Tofu Tacos

with Creamy Slaw

Grab your Meal Kit with this symbol



Garlic



Japanese Tofu



Carrot



Pear



Shredded Cabbage Mix



Garlic Aioli



Katsu Paste



Mixed Sesame Seeds



Mini Flour Tortillas




Crispy Shallots



Long Red Chilli (Optional)

 Hands-on: **15-25 mins**
Ready in: **20-30 mins**

 Spicy (optional long red chilli)

It's easy to get excited when these Japanese tacos are on the menu. These colourful handfuls of deliciousness are bursting with flavour from the katsu-glazed tofu and the creamy garlic aioli slaw. There's so much to love tonight!

Pantry items

Olive Oil, Honey

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 block	2 blocks
carrot	1	2
pear	1	2
shredded cabbage mix	1 bag (200g)	1 bag (400g)
garlic aioli	1 packet (50g)	1 packet (100g)
honey*	1 tbs	2 tbs
katsu paste	1 medium packet	1 large packet
mixed sesame seeds	1 medium packet	1 large packet
mini flour tortillas	6	12
crispy shallots	1 medium packet	1 large packet
long red chilli (optional)	1	2

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3583kJ (856Cal)	721kJ (172Cal)
Protein (g)	30.2g	6.1g
Fat, total (g)	45.7g	9.2g
- saturated (g)	6.1g	1.2g
Carbohydrate (g)	74.6g	15g
- sugars (g)	26.6g	15g
Sodium (mg)	1379mg	277mg

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 the **garlic**. Cut the **Japanese tofu** into 1cm cubes. Grate the **carrot**. Slice the **pear** into matchsticks.



Make the creamy slaw

In a medium bowl, combine the **shredded cabbage mix** and **garlic aioli** and toss to coat. Season with **salt** and **pepper** and set aside.

TIP: Preparing the slaw first allows the cabbage to soften slightly by the time you're ready to serve.



Make the katsu glaze

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



Cook the tofu

In a medium frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **tofu**, tossing, until browned, **2-4 minutes**. Add the **katsu glaze** and cook until slightly sticky, **1-2 minutes**.



Heat the tortillas

While the tofu is cooking, microwave the **mini flour tortillas** on a plate for **10 second** bursts, until warmed through.



Serve up

Add the pear to the creamy slaw and toss to combine. Finely chop the **long red chilli** (if using). Take everything to the table. Top the tortillas with slaw, carrot, tofu and chilli. Sprinkle with **crispy shallots**.

Enjoy!