

Speedy Japanese Tofu Tacos

with Pear & Carrot Coleslaw

Grab your Meal Kit with this symbol



Pear



Garlic



Japanese Tofu



Carrot



Shredded Cabbage Mix



Garlic Aioli



Mixed Sesame Seeds



Mini Flour Tortillas



Long Red Chilli (Optional)




Japanese Dressing



Crispy Shallots

 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 honey-soy glazed tofu and the creamy garlic aioli slaw. There's so much to love tonight!

Pantry items

Olive Oil, Honey, Soy Sauce

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
pear	1	2
garlic	1 clove	2 cloves
Japanese tofu	1 block	2 blocks
carrot	1	2
shredded cabbage mix	1 bag (200g)	2 bags (400g)
garlic aioli	1 packet (50g)	1 packet (100g)
honey*	1 tbs	2 tbs
soy sauce*	1 tbs	2 tbs
mixed sesame seeds	1 sachet	2 sachets
mini flour tortillas	6	12
long red chilli (optional)	1	2
Japanese dressing	1 tub	2 tubs
crispy shallots	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3883kJ (928Cal)	773kJ (184Cal)
Protein (g)	31.3g	6.2g
Fat, total (g)	52.6g	10.5g
- saturated (g)	6.8g	1.4g
Carbohydrate (g)	75.9g	15.1g
- sugars (g)	29.3g	5.8g
Sodium (mg)	1434mg	285mg

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

Slice the **pear** (unpeeled) into thin strips. Finely chop the **garlic**. Cut the **Japanese tofu** into 1cm cubes. Grate the **carrot** (unpeeled).



Make the slaw

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

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



Make the honey-soy glaze

In a small bowl, combine the **garlic**, **honey**, **soy sauce** and **mixed sesame seeds**.



Cook the tofu

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Add the **tofu** and cook, turning often, until browned, **2 minutes**. Add the **honey-soy glaze** and cook until slightly sticky, **1-2 minutes**.



Heat the tortillas

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



Serve up

Thinly slice the **long red chilli** (if using). Take everything to the table to serve. Top the tortillas with coleslaw, carrot and tofu. Drizzle with the **Japanese dressing** and sprinkle with chilli and **crispy shallots**.

Enjoy!