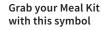


Katsu Glazed Tofu Tacos & Aioli Slaw

with Pear & Crispy Shallots

CLIMATE SUPERSTAR











Carrot





Shredded Cabbage





Katsu Paste



Black Sesame Seeds



Mini Flour



Tortillas



Crispy Shallots



Long Chilli (Optional)

Prep in: 15-25 mins Ready in: 20-30 mins Get excited for dinner! These colourful handfuls are bursting with deliciousness from the sweet and tangy katsu-glazed tofu, spiked with sesame seeds for a nutty depth of flavour.

Pantry items Olive Oil, Honey

Before you start

Wash your hands and any fresh food.

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
garlic	1 clove	2 cloves
Japanese tofu	1 packet	2 packets
carrot	1	2
pear	1	2
shredded cabbage mix	1 medium bag	1 large bag
garlic aioli	1 medium packet	1 large packet
honey*	1 tbs	2 tbs
katsu paste	1 medium packet	2 medium packets
black sesame	1 sachet	4 sachets
seeds	(12g)	(24g)
mini flour tortillas	6	12
long chilli ∮ (optional)	1/2	1
crispy shallots	1 medium packet	1 large packet
beef strips**	1 small packet	1 large packet

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3383kJ (809Cal)	717kJ (171Cal)
Protein (g)	26.6g	5.6g
Fat, total (g)	48.4g	10.3g
- saturated (g)	7.9g	1.7g
Carbohydrate (g)	70.1g	14.9g
- sugars (g)	27.3g	5.8g
Sodium (mg)	1526mg	323mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3449kJ (824Cal)	694kJ (166Cal)
Protein (g)	42g	8.5g
Fat, total (g)	45.7g	9.2g
- saturated (g)	9.3g	1.9g
Carbohydrate (g)	65.5g	13.2g
- sugars (g)	25g	5g
Sodium (mg)	1124mg	226mg

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.



Scan here if you have any questions or concerns





Get prepped

- Finely chop garlic. Cut Japanese tofu into 1cm cubes. Set aside.
- Grate carrot. Thinly slice pear. Set aside.
- In a medium bowl, combine shredded cabbage mix and garlic aioli. Season to taste. Set aside.

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



Cook the tofu & heat the tortillas

- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook tofu, turning often, until browned, 2-4 minutes. Add katsu mixture and cook, turning tofu to coat, until slightly sticky, 1-2 minutes.
- Microwave mini flour tortillas on a plate in 10 second bursts, until warmed through.

Custom Recipe: If you've swapped to beef strips, heat a drizzle of olive oil in a large frying pan over high heat. When oil is hot, cook beef strips, tossing, in batches (this helps it stay tender!) until browned and cooked through, 1-2 minutes. Return all beef to pan. Add katsu mixture and cook as above. Transfer to a plate.



Make the katsu glaze

 In a small bowl, combine garlic, the honey, katsu paste, black sesame seeds and a dash of water. Set aside.



Serve up

- Finely slice long chilli (if using).
- Fill tortillas with creamy slaw, pear, carrot and tofu katsu.
- Sprinkle with chilli and crispy shallots to serve. Enjoy!



Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate