



Katsu Glazed Tofu Tacos & Aioli Slaw

with Pear & Crispy Shallots

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Japanese Tofu



Carrot



Pear



Shredded Cabbage Mix



Garlic Aioli



Katsu Paste



Black Sesame Seeds



Mini Flour Tortillas



Long Chilli (Optional)



Crispy Shallots



Beef Strips

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.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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 seeds	1 sachet (12g)	4 sachets (24g)
mini flour tortillas	6	12
long chilli (optional)	½	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.

We're here to help!

Scan here if you have any questions or concerns



1



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.

3



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.

2



Make the katsu glaze

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

4



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!

Rate your recipe

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