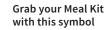
Quick Tofu Katsu Tacos with Sesame Seeds & Creamy Slaw













Carrot





Shredded Cabbage



Garlic Aioli



Katsu Paste



Seeds



Mini Flour



Tortillas



Crispy Shallots





long red chilli)

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and

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 medium bag	1 large bag
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
long red chilli (optional)	1	2
crispy shallots	1 medium packet	1 large packet

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3580kJ (855Cal)	758kJ (181Cal)
Protein (g)	30.6g	6.5g
Fat, total (g)	49g	10.4g
- saturated (g)	6.5g	1.4g
Carbohydrate (g)	74g	15.7g
- sugars (g)	26.5g	5.6g
Sodium (mg)	1355mg	287mg

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 garlic. Cut Japanese tofu into 1cm cubes. Set aside.
- Grate carrot. Thinly slice pear. Set aside.



Cook the tofu

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



Make the slaw & katsu mixture

- In a medium bowl, combine shredded cabbage mix and garlic aioli. Season to taste. Set aside.
- In a small bowl, combine garlic, honey, katsu paste, mixed sesame seeds and a dash of water.

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



Serve up

- Finely slice long red 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
Scan here to rate this recipe!

