

Quick Tofu Katsu Tacos

with Sesame Seeds & 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



Long Red Chilli (Optional)



Crispy Shallots

 Hands-on: **15-25 mins**
 Ready in: **20-30 mins**
 Spicy (optional long red chilli)

Get excited for dinner! These colourful handfuls of deliciousness are bursting with flavour from the sweet and tangy katsu-glazed tofu and the garlic aioli slaw. Sprinkle with crispy shallots for extra crunch.

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 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!

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