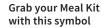


Easy Katsu Glazed Tofu Tacos & Aioli Slaw with Pear & Crushed Peanuts

CLIMATE SUPERSTAR













Japanese Tofu

Carrot



Shredded Cabbage



Garlic Aioli



Katsu Paste



Mixed Sesame



Mini Flour



Tortillas



Crushed Peanuts



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

3			
	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	
mixed sesame seeds	1 medium packet	1 large packet	
mini flour tortillas	6	12	
long chilli ∮ (optional)	1/2	1	
crushed peanuts	1 medium packet	1 large packet	
Japanese tofu**	1 packet	2 packets	

^{*}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)	4104kJ (981Cal)	717kJ (171Cal)
Protein (g)	41.2g	7.2g
Fat, total (g)	58.6g	10.2g
- saturated (g)	9.7g	1.7g
Carbohydrate (g)	74.7g	13.1g
- sugars (g)	29.6g	5.2g
Sodium (mg)	1996mg	349mg

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





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.

Custom Recipe: If you've doubled your tofu, prepare extra Japanese tofu, as above.



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: Cook tofu in batches for the best result, returning all tofu to the pan before adding the katsu mixture.



Make the katsu glaze

 In a small bowl, combine garlic, the honey, katsu paste, mixed 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 katsu glazed tofu.
- Sprinkle with chilli and crushed peanuts to serve. Enjoy!

Rate your recipe

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