



SPEEDY ASIAN TOFU TACOS

with Pear & Carrot Coleslaw



Add pear to a slaw



Pear



Garlic



Cucumber



Long Red Chilli
(Optional)



Carrot



Shredded Red
Cabbage



Garlic Aioli



Peking Marinated
Tofu



Mini Flour
Tortillas



Japanese
Dressing



Crispy Shallots



Hands-on: **25-35** mins

Ready in: **30-40** mins



Spicy (optional
long red chilli)

Little on time and big on flavour, these simple tacos have sweet and salty glazed tofu, crunchy pear slaw and garlic aioli all wrapped up in a warm tortilla. Now that's a lot of good things to smile about!

Pantry Staples: Olive Oil, Honey, Soy Sauce

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium frying pan**



1 GET PREPPED

Slice the **pear** (see ingredients list), unpeeled, into thin strips. Finely chop the **garlic** (or use a garlic press). Slice the **cucumber** into thin batons. Thinly slice the **long red chilli** (if using). Grate the **carrot** (unpeeled).



2 MAKE THE SLAW

In a medium bowl, combine the **pear**, **shredded red cabbage** and **garlic aioli** and toss to coat. Season to taste with **salt** and **pepper** and set aside. **TIP:** Preparing the slaw first allows the cabbage to soften slightly by the time you're ready to serve.



3 MAKE THE HONEY-SOY GLAZE

Drain the **Peking marinated tofu** liquid into a small bowl then cut the **tofu** into 1cm cubes. Add the **garlic**, **honey** and **soy sauce** to the bowl with the **tofu** marinade. Mix well to combine and set aside.



4 COOK THE TOFU

In a medium frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **tofu** and cook, turning often, until browned, **2 minutes**. Add the **honey-soy glaze** and cook until slightly sticky, **1-2 minutes**.



5 HEAT THE TORTILLAS

While the tofu is cooking, heat the **mini flour tortillas** in a sandwich press, or on a plate in the microwave for **10 second bursts**, until warmed through.



6 SERVE UP

Take everything to the table. Top the tortillas with slaw, cucumber, carrot and tofu. Drizzle with the **Japanese dressing** and sprinkle with chilli (if using) and **crispy shallots**.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
pear	½	1
garlic	1 clove	2 cloves
cucumber	1	2
long red chilli (optional)	1	2
carrot	1	2
shredded red cabbage	1 bag (150g)	1 bag (300g)
garlic aioli	1 packet (50g)	1 packet (100g)
Peking marinated tofu	1 block	2 blocks
honey*	1 tbs	2 tbs
soy sauce*	1 tbs	2 tbs
mini flour tortillas	8	16
Japanese dressing	1 packet (30g)	2 packets (60g)
crispy shallots	1 packet	2 packets

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3620kJ (866Cal)	630kJ (150Cal)
Protein (g)	31.1g	5.4g
Fat, total (g)	45.0g	7.8g
- saturated (g)	6.3g	1.1g
Carbohydrate (g)	77.4g	13.4g
- sugars (g)	28.6g	5.0g
Sodium (g)	1590mg	276mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589
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2019 | WK48

