

# Sweet-Soy Tofu & Sesame Slaw Tacos

with Plant-Based Mayonnaise

NEW

Grab your meal kit with this number

10



Celery



Spring Onion



Firm Tofu



Sweet Soy Seasoning



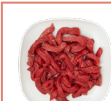
Shredded Cabbage Mix



Plant-Based Mayo



Mini Flour Tortillas



Beef Strips




Beef Rump

## Recipe Update

We've replaced the crispy shallots in this recipe with spring onion due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Prep in: 20-30 mins  
Ready in: 25-35 mins

 Calorie Smart

 Plant Based

What happens when you combine the flavours of Mexico and Asia into one dish? A whole new take on tacos you didn't know you needed! Golden tofu and creamy sesame slaw are nestled into a warm tortilla and sprinkled with a serve of spring onion for a peppery surprise. Yum!

## Pantry items

Olive Oil, Plain Flour, Sesame Oil, Vinegar (White Wine or Rice Wine)

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
<b>olive oil*</b>	refer to method	refer to method
celery	1 stalk	2 stalks
spring onion	1 stem	2 stems
firm tofu	½ packet	1 packet
sweet soy seasoning	2 medium sachets	4 medium sachets
<b>plain flour*</b>	2 tsp	1 tbs
shredded cabbage mix	1 medium packet	1 large packet
plant-based mayo	1 medium packet	1 large packet
<b>sesame oil*</b>	1 tsp	2 tsp
<b>vinegar*</b> (white wine or rice wine)	drizzle	drizzle
mini flour tortillas	6	12

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2625kJ (627Cal)	717kJ (171Cal)
Protein (g)	25g	6.8g
Fat, total (g)	30.6g	8.4g
- saturated (g)	7.8g	2.1g
Carbohydrate (g)	58g	15.9g
- sugars (g)	13g	3.6g
Sodium (mg)	1996mg	546mg
Dietary Fibre (g)	12.4g	3.4g

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Get prepped

- Thinly slice **celery**.
- Thinly slice **spring onion**.
- Pat **firm tofu (see ingredients)** dry with paper towel and cut into 1cm cubes.
- In a medium bowl, add **tofu**, **sweet soy seasoning**, the **plain flour** and a drizzle of **olive oil**, then gently toss until well coated. Set aside.



## Make the slaw

- In a large bowl, add **shredded cabbage mix**, **plant-based mayo**, **celery**, the **sesame oil** and a drizzle of **vinegar**. Season and toss to combine.
- Microwave **mini flour tortillas** on a plate in **10 second** bursts until warmed through.



## Cook the tofu

- Heat a large frying pan over medium-high heat with a generous drizzle of **olive oil**.
- Cook **tofu**, tossing occasionally, until browned and warmed through **4-6 minutes**. Transfer to a bowl.



## Serve up

- Fill tortillas with creamy sesame slaw and sweet-soy tofu.
- Sprinkle over spring onion to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW29



### CUSTOM OPTIONS



#### SWAP TO BEEF STRIPS

Cook in batches, tossing, until browned and cooked through, 1-2 minutes.



#### SWAP TO BEEF RUMP

Thinly slice into strips. Cook, tossing, until browned and cooked through, 1-2 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

