



Sticky Asian Tofu Tacos

with Japanese Slaw and Cucumber

NEW

Grab your meal kit with this number

9



Cucumber



Firm Tofu



Asian Stir-Fry Sauce



Garlic Paste



Baby Leaves



Asian Slaw Mix



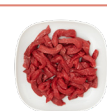
Japanese Dressing



Mini Flour Tortillas



Crushed Peanuts



Beef Strips



Chicken Breast

Prep in: 15-25 mins
Ready in: 15-25 mins

Calorie Smart

Plant Based

We love taco night! We love it even more when we get to add a spin on the usual Mexican flavours. These soft little tofu cubes are bathed in a lavish Asian-style sauce, nestled into warm tortillas with crunchy cucumber sticks and spicy slaw. It's a gold star from us!

Pantry items

Olive Oil, Plain Flour

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
olive oil*	refer to method	refer to method
cucumber	1 (medium)	1 (large)
firm tofu	½ packet	1 packet
plain flour*	1 tbs	2 tbs
Asian stir-fry sauce	1 medium packet	1 large packet
garlic paste	1 small packet	1 medium packet
baby leaves	1 small packet	1 medium packet
Asian slaw mix	1 medium packet	1 large packet
Japanese dressing	1 packet	2 packets
mini flour tortillas	6	12
crushed peanuts	½ packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2393kJ (572Cal)	546kJ (130Cal)
Protein (g)	22.5g	5.1g
Fat, total (g)	22.5g	5.1g
- saturated (g)	6.6g	1.5g
Carbohydrate (g)	64.4g	14.7g
- sugars (g)	25.2g	5.7g
Sodium (mg)	1589mg	362mg
Dietary Fibre (g)	10.4g	2.4g

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Prep the tofu

- Thinly slice **cucumber** into sticks.
- Pat **firm tofu (see ingredients)** dry with paper towel and cut into 1cm cubes.
- In a medium bowl, add **tofu** and the **plain flour**. Season with **salt** and **pepper**, then gently toss until well coated. Set aside.



Make the slaw

- Meanwhile, in a medium bowl combine **baby leaves, Asian slaw mix** and **Japanese dressing**.



Cook the tofu

- Heat a large frying pan over medium-high heat with a generous drizzle of **olive oil**.
- Dust off excess flour and cook **tofu**, tossing occasionally, until browned and warmed through **3-5 minutes**.
- Reduce heat to medium, then add **Asian stir-fry sauce** and **garlic paste**. Cook, tossing **tofu** to coat, **1 minute**.



Serve up

- Microwave **mini flour tortillas** on a plate in **10 second** bursts until warmed through.
- Top tortillas with Japanese slaw, cucumber and sticky tofu. Sprinkle over **crushed peanuts** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW32



CUSTOM OPTIONS

+ ADD BEEF STRIPS

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

+ ADD CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

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

