



# Speedy Korean BBQ Tofu Tacos

with Pear & Carrot Slaw

Grab your Meal Kit with this symbol



Pear



Garlic



Korean BBQ Tofu



Cucumber



Long Green Chilli (Optional)



Carrot



Shredded Red Cabbage



Garlic Aioli



Mixed Sesame Seeds



Mini Flour Tortillas



Crispy Shallots

- Hands-on: **15-25** mins
- Ready in: **30-40** mins
- Spicy (optional long green 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 items

Olive Oil, Honey, Soy Sauce

## 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

Medium frying pan

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
pear	1	2
garlic	2 cloves	4 cloves
Korean BBQ tofu	1 packet	2 packets
cucumber	1 (medium)	1 (large)
long green chilli (optional)	1	2
carrot	1	2
shredded red cabbage	1 bag (150g)	1 bag (300g)
garlic aioli	1 packet (50g)	1 packet (100g)
honey*	½ tsp	1 tsp
soy sauce*	1 tbs	2 tbs
mixed sesame seeds	1 packet	2 packets
mini flour tortillas	8	16
crispy shallots	1 packet	2 packets

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3930kJ (938Cal)	585kJ (140Cal)
Protein (g)	32.4g	4.8g
Fat, total (g)	43.8g	6.5g
- saturated (g)	6.0g	0.9g
Carbohydrate (g)	94.7g	14.1g
- sugars (g)	34.3g	5.1g
Sodium (g)	1850mg	276mg

### Allergens

Please visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information



## 1. Get prepped

Thinly slice the **pear** into matchsticks. Finely chop the **garlic** (or use a garlic press). Drain the **Korean BBQ tofu**, reserving the **marinade** in a small bowl, then cut the **tofu** into 1cm cubes. Thinly slice the **cucumber** into batons. Thinly slice the **long green chilli** (if using). Grate the **carrot** (unpeeled).



## 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, tossing, until browned, **2 minutes**. Add the **Korean BBQ glaze** and cook until slightly sticky, **1-2 minutes**.



## 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.



## 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.



## 3. Make the glaze

Add the **garlic**, **honey**, **soy sauce** and **mixed sesame seeds** to the bowl with the **Korean BBQ marinade**. Stir to combine.



## 6. Serve up

Bring everything to the table to serve. Top the tortillas with some slaw, cucumber, carrot and Korean BBQ tofu. Sprinkle with the chilli (if using) and **crispy shallots**.

## Enjoy!