



Everything But The Chef

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## Spicy Tofu Tacos with Mango Mayonnaise

The beauty of Summer in Australia lies in the accessibility and convenience of swimming all day and watching the sunset, drink in hand, tasty meal in the other. Nothing fits this brief more than a taco - with crispy tofu inside no less! The real star of this dish is the mayonnaise from Roza's. There's a hint of sweet mango amidst the expected tang of mayonnaise we all know and love. Douse these tacos in a good squeeze of lime and you'll be in for a sweet ride.

**Prep:** 10 mins  
**Cook:** 10 mins  
**Total:** 20 mins

level 1  
 spicy

lactose free

### Pantry Items



Olive Oil



Red Cabbage



Lime



Spicy Tofu



Mini Tortillas



Avocado



Coriander



Mango Mayonnaise



Long Red Chilli

| 2P      | 4P        | Ingredients                                    |   |
|---------|-----------|--|---|
| 2 cups  | 4 cups    | finely sliced red cabbage                      | A |
| 1 tbs   | 2 tbs     | olive oil *                                    |   |
| ½       | 1         | lime, juiced                                   | ⊕ |
| 1 block | 2 blocks  | spicy tofu, cut into thick slices              |   |
| 4       | 8         | mini tortillas                                 |   |
| ½       | 1         | avocado, sliced                                |   |
| 1 bunch | 2 bunches | coriander, leaves picked                       |   |
| 2 tbs   | 4 tbs     | mango mayonnaise ( <b>recommended amount</b> ) |   |
| 1       | 2         | long red chilli, finely sliced                 |   |

⊕ May feature in another recipe

\* Pantry Items

#### Nutrition per serving

|              |      |    |
|--------------|------|----|
| Energy       | 2980 | Kj |
| Protein      | 27.7 | g  |
| Fat, total   | 41.7 | g  |
| -saturated   | 7.5  | g  |
| Carbohydrate | 54.8 | g  |
| -sugars      | 11.2 | g  |
| Sodium       | 824  | mg |

#### Measuretool

|      |      |      |
|------|------|------|
| 0 cm | 1 cm | 2 cm |
|      |      |      |



**You will need:** *chef's knife, chopping board, large bowl, greased medium frying pan, tongs, and a microwave or sandwich press.*

**1** Combine the **red cabbage**, half of the **olive oil** and the **lime juice** in a large bowl. Season with **salt** and **pepper** and set aside.

**2** Heat a lightly greased medium frying pan over a medium-high heat. Add the **spicy tofu** and cook, stirring for **1-2 minutes**, or until golden.

**3** Meanwhile, heat the **mini tortillas** in a microwave or sandwich press.

**4** Divide the tortillas between plates. Top with the **avocado**, cabbage mixture, tofu, **coriander**, **mango mayonnaise** and fresh **long red chilli**.



**Did you know?** Red cabbage is a source of powerful antioxidants known as flavinoids which help the blood vessels to relax.