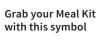


with Pear & Crispy Shallots

NEW

**CLIMATE SUPERSTAR** 











Japanese Tofu





Carrot



**Shredded Cabbage** 



Garlic Aioli



Katsu Paste



Mixed Sesame

Seeds

Long Chilli (Optional)



Mini Flour



Tortillas



Crispy Shallots



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

Get excited for dinner! These colourful handfuls are bursting with deliciousness from the sweet and tangy katsu-glazed tofu, spiked with sesame seeds for a nutty depth of flavour.

**Pantry items** Olive Oil, Honey

### Before you start

Wash your hands and any fresh food.

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

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	2 People	4 People
olive oil*	refer to method	refer to method
garlic	1 clove	2 cloves
Japanese tofu	1 packet	2 packets
carrot	1	2
pear	1	2
shredded cabbage mix	1 medium bag	1 large bag
garlic aioli	1 medium packet	1 large packet
honey*	1 tbs	2 tbs
katsu paste	1 medium packet	2 medium packets
mixed sesame seeds	1 medium packet	1 large packet
mini flour tortillas	6	12
long chilli (optional) ∮	1/2	1
crispy shallots	1 medium packet	1 large packet
Japanese tofu**	1 packet	2 packets

# **Nutrition**

\*Pantry Items \*\*Custom Recipe Ingredient

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3335kJ (797Cal)	763kJ (182Cal)
Protein (g)	26.4g	6g
Fat, total (g)	48.4g	11.1g
- saturated (g)	7.9g	1.8g
Carbohydrate (g)	67.8g	15.5g
- sugars (g)	25.1g	5.7g
Sodium (mg)	1509mg	345mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	<b>4056kJ</b> (969Cal)	<b>755kJ</b> (180Cal)
Protein (g)	41g	7.6g
Fat, total (g)	58.6g	10.9g
- saturated (g)	9.7g	1.8g
Carbohydrate (g)	72.4g	13.5g
- sugars (g)	27.4g	5.1g
Sodium (mg)	1979mg	369mg

The quantities provided above are averages only.

### **Allergens**

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

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

### We're here to help!

Scan here if you have any questions or concerns





# Get prepped

- Finely chop garlic.
- Cut Japanese tofu into 1cm cubes.
- Grate carrot.
- Thinly slice **pear**.
- In a medium bowl, combine shredded cabbage mix and garlic aioli. Season to taste. Set aside.

**TIP:** Prepping the slaw first allows the cabbage to soften slightly by the time you're ready to serve.

**Custom Recipe:** If you've doubled your Japanese tofu, prepare extra Japanese tofu, as above.



### Cook the tofu & heat the tortillas

- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook tofu, tossing often, until browned, 2-4 minutes.
- Add katsu mixture and cook, tossing tofu to coat, until slightly sticky,
  1-2 minutes.
- Microwave mini flour tortillas on a plate in 10 second bursts, until warmed through.

**Custom Recipe:** Cook tofu in batches for the best results, returning all tofu to the pan before adding the katsu mixture.



# Make the katsu glaze

 In a small bowl, combine garlic, the honey, katsu paste, mixed sesame seeds and a dash of water. Set aside.



### Serve up

- Finely slice long chilli (if using).
- Fill tortillas with creamy slaw, pear, carrot and katsu glazed tofu.
- Sprinkle with chilli and crispy shallots to serve. Enjoy!

#### Rate your recipe

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate