



Honey-Soy & Garlic Tofu Tacos

with Asian Green Salad & Aioli

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Pear



Carrot



Garlic



Japanese Tofu



Soy Sauce Mix



Mini Flour Tortillas



Mixed Salad Leaves



Garlic Aioli



Everything Garnish



Japanese Tofu

Prep in: 10-20 mins
Ready in: 20-30 mins

Tender and totally delicious tofu glistens with a mouth-watering combo of garlic, soy and honey. Enjoy with a colourful salad and everything garnish all wrapped in a soft tortilla, for a refreshing mouthful packed with flavour and crunch!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

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

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

	2 People	4 People
olive oil*	refer to method	refer to method
pear	1	2
carrot	1	2
garlic	1 clove	2 cloves
Japanese tofu	1 packet	2 packets
soy sauce mix	1 packet	2 packets
honey*	1 tbs	2 tbs
plain flour*	½ tsp	1 tsp
mini flour tortillas	6	12
mixed salad leaves	1 medium packet	1 large packet
vinegar* (white wine or rice wine)	drizzle	drizzle
garlic aioli	1 medium packet	1 large packet
everything garnish	½ sachet	1 sachet
Japanese tofu**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3005kJ (718Cal)	809kJ (193Cal)
Protein (g)	25.6g	6.9g
Fat, total (g)	37.5g	10.1g
- saturated (g)	5.4g	1.5g
Carbohydrate (g)	64.1g	17.3g
- sugars (g)	22.3g	6g
Sodium (mg)	1625mg	438mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3726kJ (891Cal)	790kJ (189Cal)
Protein (g)	40.2g	8.5g
Fat, total (g)	47.7g	10.1g
- saturated (g)	7.2g	1.5g
Carbohydrate (g)	68.7g	14.6g
- sugars (g)	24.6g	5.2g
Sodium (mg)	2095mg	444mg

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.



Get prepped

- Thinly slice **pear** into wedges.
- Grate **carrot**.
- Finely chop **garlic**.
- Cut **Japanese tofu** into 2cm chunks.
- In a small bowl, combine **garlic, soy sauce mix, the honey and plain flour**.

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



Toss the salad

- Meanwhile, microwave **mini flour tortillas** on a plate in **10 second** bursts until warmed through.
- In a large bowl, combine **pear, carrot, mixed salad leaves** and a drizzle of **vinegar and olive oil**. Season.



Cook the tofu

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **tofu**, tossing, until browned, **3-4 minutes**.
- Remove pan from heat and add **soy sauce mixture**, tossing to coat.

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



Serve up

- Spread tortillas with **garlic aioli**.
- Fill with Asian green salad and honey-soy and garlic tofu.
- Sprinkle over **everything garnish (see ingredients)** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.com.au/rate