



Speedy Japanese Tofu Tacos

with Pear & Carrot Coleslaw



Grab your Meal Kit with this symbol



Pear



Garlic



Japanese Tofu



Cucumber



Long Red Chilli (Optional)



Carrot



Shredded Red Cabbage



Garlic Aioli



Mixed Sesame Seeds



Mini Flour Tortillas



Japanese Dressing



Crispy Shallots

Hands-on: **15-25 mins**
Ready in: **20-30 mins**

Spicy (optional long red chilli)

It's easy to get excited with these Japanese tacos are on the menu. These colourful handfuls of deliciousness are bursting with flavour from the honey-soy glazed tofu and the creamy garlic aioli slaw. There's so much to love tonight!

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	1 clove	2 cloves
Japanese tofu	1 block	2 blocks
cucumber	1	2
long red 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*	1 tbs	2 tbs
soy sauce*	1 tbs	2 tbs
mixed sesame seeds	1 sachet	2 sachets
mini flour tortillas	6	12
Japanese dressing	1 tub (30g)	2 tubs (60g)
crispy shallots	1 packet	2 packets

*Pantry items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3740kJ (894Cal)	650kJ (155Cal)
Protein (g)	31.0g	5.4g
Fat, total (g)	48.0g	8.3g
- saturated (g)	6.3g	1.1g
Carbohydrate (g)	77.8g	13.5g
- sugars (g)	29.0g	5.0g
Sodium (g)	1480mg	257mg

Allergens

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

Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Get prepped

Slice the **pear** (unpeeled) into thin strips. Finely chop the **garlic** (or use a garlic press). Cut the **Japanese tofu** into 1cm cubes. Cut the **cucumber** into thin strips. Thinly slice the **long red 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, turning often, until browned, **2 minutes**. Add the **honey-soy 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 honey-soy glaze

In a small bowl, combine the **garlic**, **honey**, **soy sauce** and **mixed sesame seeds**.



6. Serve up

Take everything to the table. Top the tortillas with slaw, cucumber, carrot and tofu. Drizzle with the **Japanese dressing** and sprinkle with chilli (if using) and **crispy shallots**.

Enjoy!