



SPEEDY SPICED TOFU TACOS

with Lemon-Guac & Mango Mayonnaise



Use spicy tofu in tacos



Shredded Red Cabbage



Lemon



Spicy Tofu



Mini Flour Tortillas



Avocado



Long Red Chilli (Optional)



Mango Mayonnaise

Pantry Staples: Olive Oil



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

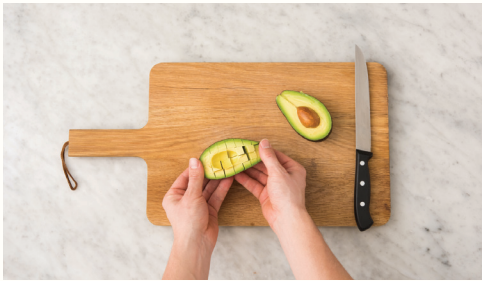


Spicy (optional long red chilli)

The secret to a good tofu taco is getting plenty of flavour into the tofu. We've already taken care of that for you – so now you can get ready to assemble and enjoy! This dinner really is ready in a flash.

BEFORE YOU — START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, spoon, large bowl, small bowl, medium frying pan, spatula** and a **microwave** or **sandwich press**.



1 GET PREPPED

Slice the **lemon** into wedges. Dice the **avocado** into 1 cm cubes. **TIP:** Slice the avocado into cubes while the flesh is still in the skin, then scoop the cubed flesh out with a spoon. Deseed and finely dice the **long red chilli (if using)**. **TIP:** Make sure you remove the seeds and the white pith of the chilli. The pith is actually the hottest part! Leave it in if you like an extra kick. Chop the **spicy tofu** lengthways into 2 cm slices.



4 FRY THE TOFU

Heat a **drizzle of olive oil** in a medium frying pan over a medium-high heat. Add the **spicy tofu** and cook for **2 minutes** on each side, or until golden and heated through.



2 MAKE THE SLAW

In a large bowl, combine the **shredded red cabbage**, **1/2 of the mango mayonnaise**, a **drizzle of olive oil** and a **pinch of salt and pepper**. Squeeze over the juice from **1/2 of the lemon wedges** and toss well. **TIP:** Add as much or as little lemon juice as you like depending on your taste preference. **TIP:** Squeeze the cabbage gently as you toss to break it down and make it softer to eat.



5 WARM THE TORTILLAS

While the tofu is cooking, heat the **mini tortillas** on a plate in the microwave or in a sandwich press for **10 seconds**, or until warmed through.



3 MAKE THE LEMON-GUAC

In a small bowl, mix the **avocado** and **1/2 of the long red chilli (if using)**. Add a **drizzle of olive oil**, squeeze over the juice from the **remaining lemon wedges** and mash together with a fork. **TIP:** Add as much or as little lemon juice as you like depending on your taste preference. Season to taste with a **pinch of salt and pepper**.



6 SERVE UP

Divide the mini tortillas between plates and top with the slaw, the lemon-guac and the spicy tofu. Sprinkle over the remaining long red chilli (if using) and drizzle with the remaining mango mayonnaise. **TIP:** Some like it hot but if you don't, just hold back on the chilli.

ENJOY!

2 | 4 PEOPLE — INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
lemon	½	1
avocado	1	2
long red chilli (optional)	1	2
spicy tofu	1 packet	2 packets
shredded red cabbage	1 bag	1 bag
mango mayonnaise	1 tub (75 g)	1 tub (150 g)
mini flour tortillas	4	8

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3210kJ (766Cal)	876kJ (209Cal)
Protein (g)	26.1g	7.1g
Fat, total (g)	56.2g	15.3g
- saturated (g)	8.0g	2.2g
Carbohydrate (g)	38.5g	10.5g
- sugars (g)	7.1g	1.9g
Sodium (g)	617mg	169mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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