



Korean BBQ Tofu Tacos

with Pickled Onion & Soy Mayo

Grab your Meal Kit with this symbol



Red Onion



Carrot



Cos Lettuce



Long Green Chilli (Optional)



Coriander



Mayonnaise



Korean BBQ Tofu



Mini Flour Tortillas



Crispy Shallots

Hands-on: **15-25 mins**
 Ready in: **20-30 mins**
 Spicy (optional long green chilli)

Little on time and big on flavour, these simple tacos have sweet and salty glazed tofu, crunchy pickled onion and soy mayo all wrapped up in a warm tortilla. Now that's a lot of good things to smile about!

Pantry items

Olive Oil, Rice Wine Vinegar, Soy Sauce

Before you start

Our fruit and veggies need a little wash first!

You will need

Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	½	1
rice wine vinegar*	¼ cup	½ cup
water*	¼ cup	½ cup
carrot	1	2
cos lettuce	½ head	1 head
long green chilli (optional)	½	1
coriander	1 bunch	1 bunch
mayonnaise	1 packet (40g)	1 packet (100g)
soy sauce*	1 tsp	2 tsp
Korean BBQ tofu	1 packet	2 packets
mini flour tortillas	6	12
crispy shallots	1	2

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3000kJ (716Cal)	588kJ (140Cal)
Protein (g)	27.3g	5.4g
Fat, total (g)	33.9g	6.7g
- saturated (g)	4.6g	0.9g
Carbohydrate (g)	70.0g	13.7g
- sugars (g)	23.1g	4.5g
Sodium (g)	1250mg	245mg

Allergens

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)



1. Pickle the onion

Thinly slice the **red onion** (see ingredients list). In a small bowl, combine the **rice wine vinegar**, **water** and a **good pinch** of **sugar** and **salt**. Scrunch the **onion** in your hands, then add to the pickling liquid and stir to coat. Set aside until serving.

TIP: *Stir the onion occasionally so it stays submerged.*



2. Make the salad

While the onion is pickling, grate the **carrot** (unpeeled). Shred the **cos lettuce** (see ingredients list). Thinly slice the **long green chilli** (see ingredients list), if using. Roughly chop the **coriander**. In a medium bowl, combine the **carrot**, **cos lettuce** and **chilli** (if using). Season with a **pinch** of **salt** and **pepper** and toss to coat.



3. Make the soy mayo

In a small bowl, combine the **mayonnaise** and the **soy sauce**. Drain the **Korean BBQ tofu**, reserving the **marinade** in a small bowl, then slice into 1cm strips.



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 until browned and warmed through, **2 minutes** each side. Add the **reserved Korean BBQ marinade** and simmer until the **tofu** is well coated, **1 minute**.



5. Heat the mini 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.



6. Serve up

Drain the liquid from the pickled onion. Take everything to the table to serve. Top the tortillas with the salad, Korean tofu and pickled onion. Serve with the soy mayo and garnish with the **crispy shallots** and coriander.

Enjoy!