



Korean BBQ Tofu Tacos

with Quick-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: **10-20** 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

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 |
| 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 sachet | 2 sachets |

*Pantry Items

Nutrition

| | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3000kJ (716Cal) | 590kJ (141Cal) |
| Protein (g) | 27.3g | 5.4g |
| Fat, total (g) | 34.0g | 6.7g |
| - saturated (g) | 4.6g | 0.9g |
| Carbohydrate (g) | 70.1g | 13.8g |
| - sugars (g) | 23.2g | 4.6g |
| Sodium (mg) | 1250mg | 246mg |

Allergens

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

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



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.



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 **cos lettuce**, **carrot** and **chilli** (if using). Season with a **pinch** of **salt** and **pepper** and toss to coat. Set aside.



3. Make the soy mayo

In a small bowl, combine the **mayonnaise** and the **soy sauce**. Set aside. Reserve the **marinade** from the **Korean BBQ tofu**, then cut the tofu 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 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 pickled onion. Bring everything to the table to serve. Top the tortillas with the salad, Korean tofu and quick-pickled onion. Add a dollop of soy mayo and sprinkle with the **crispy shallots** and coriander.

Enjoy!