



FEB
2017

Smoked Tofu Tacos

with Mango Slaw and Cilantro-Lime Crema

Few things look as colourful as these tacos – with smoked tofu inside no less! There’s a hint of sweet mango amidst the expected tang of sour cream we all know and love. Top these tacos with creamy avocado and you’ll be in for a sweet ride.

 *Prep*
30 min

 *level 1*

 *veggie*



Smoked Tofu



Corn Tortillas



Red Cabbage



Lime



Avocado



Cilantro



Sour Cream



Mango



Sriracha

Ingredients

		2 People
Smoked Tofu	1)	1 pkg (210 g)
Red Cabbage, shredded		1 pkg (170 g)
Lime		2
Corn Tortilla, 6-inch		6
Avocado		1
Cilantro		1 pkg (14 g)
Sour Cream	2)	2 pkg (6 tbsps)
Mango		1
Sriracha 	3)	1 pkg (1 tsp)
Olive or Canola Oil*		

*Not Included

Allergens

1) Soy/Soja

2) Milk/Lait

3) Sulphites/Sulfites

Tools

Large Non-Stick Pan, Zester, Small Bowl, Medium Bowl, Whisk

Ruler

0 in 1/4 in 1/2 in 3/4 in 1 in

Nutrition per person Calories: 623 cal | Fat: 31 g | Protein: 26 g | Carbs: 68 g | Fibre: 14 g | Sodium: 497 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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1 Prep: Wash and dry all produce. Cut the **tofu** into 1/2-inch sticks. Zest, then juice the **limes**. Halve, pit, and thinly slice the **avocado**. Roughly chop the **cilantro**. Cut a small piece off the larger end of the **mango**. Stand it on your cutting board. Cut 'cheeks' from around the flat pit which runs down the centre of the mango. Remove the meat with a spoon and cut into thin strips.

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2 Make the mango slaw: In a medium bowl, whisk a drizzle of **oil** with **half the lime zest** and **juice**. Add the **red cabbage** and **mango**. Season with **salt** and **pepper**.

3 Make the cilantro-lime crema: In a small bowl, mix the **sour cream**, **half the cilantro**, **remaining lime zest** and **juice**. Season with **salt** and **pepper**.

4



4 Cook the tofu: Heat a large non-stick pan over a medium-high heat. Add a drizzle of **oil**, then the **smoked tofu**. Cook until golden-brown, 2-3 min per side.

5 Warm the tortillas: Meanwhile, warm the **tortillas** in the microwave for 20 sec.

6 Finish and serve: Divide the **tortillas** between plates. Top with the **avocado**, **mango slaw**, **spicy tofu**, **cilantro** and **cilantro-lime crema**. Drizzle with **sriracha** and enjoy!

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