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## Spicy Tofu Tacos with Mango Mayonnaise & Crunchy Slaw

Few things look as colourful as these tacos – with crispy tofu inside no less! The real star of this dish is the mayonnaise from Roza’s. There’s a hint of sweet mango amidst the expected tang of mayonnaise we all know and love. Douse these tacos in a good squeeze of lime and you’ll be in for a sweet ride.



**Prep:** 10 mins

**Cook:** 10 mins

**Total:** 20 mins



level 1



spicy



lactose free

### Pantry Items



Olive Oil



Red Cabbage



Lime



Spicy Tofu



Mini Tortillas



Avocado



Coriander



Mango Mayonnaise



Long Red Chilli

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2P	4P	Ingredients	
2 cups	4 cups	finely sliced red cabbage	
1 tbs	2 tbs	olive oil *	
½	1	lime, juiced	
1 block	2 blocks	spicy tofu, cut into thick slices	
4	8	mini tortillas ( <b>recommended amount</b> )	
½	1	avocado, sliced ( <b>recommended amount</b> )	
½ bunch	1 bunch	coriander, leaves picked	
1 tub	2 tubs	mango mayonnaise ( <b>recommended amount</b> )	
1	2	long red chilli, finely sliced	

 Ingredient features in another recipe

\* Pantry Items

 Pre-preparation

#### Nutrition per serve

Energy	2840	Kj
Protein	27.6	g
Fat, total	43.9	g
-saturated	5.9	g
Carbohydrate	40.5	g
-sugars	7.5	g
Sodium	629	mg



**You will need:** *chef's knife, chopping board, large bowl, medium frying pan, wooden spoon and microwave or sandwich press.*

**1** Combine the **red cabbage**, half of the **olive oil** and the **lime juice** in a large bowl. Season with **salt** and **pepper** and set aside.

**2** Lightly grease a medium frying pan with the remaining olive oil and heat over a medium-high heat. Add the **spicy tofu** and cook, stirring, for **1-2 minutes**, or until golden.

**3** Meanwhile, heat the **mini tortillas** in a microwave or sandwich press (if using the microwave, place tortillas on a plate first).

**4** To serve, divide the tortillas between plates. Top with the **avocado**, cabbage mixture, tofu, **coriander**, **mango mayonnaise** and fresh **long red chilli**.



**Did you know?** Mangos originated in India and have been enjoyed for over 5000 years.