



# Crispy tofu tacos

with salsa and avocado lime crema



Mary Dias' delicious handmade corn tortillas are filled with gently spiced cornmeal crusted tofu, zingy avocado lime crema, a fresh salsa and smokey chipotle mayo. Easy to prepare and super tasty, these tacos will make you happy.



Make this dish within 5 days of receiving your meal kit



Cooking equipment: large frying pan/s



Pantry items needed: vegetable oil, salt, freshly ground pepper



Hands-on: 15-20 minutes  
Ready in: 35 minutes



Serves: 2 or 4

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NO ADDED GLUTEN | HIGH PROTEIN | | Spicy (mild/optional)

## Before you start

Read through the recipe and give your fresh produce a wash.

## Ingredients

	2 serves	4 serves
Tomato	100g	200g
Red onion	60g	120g
Jalapeno (optional)	20g	40g
Lime	80g (half)	80g
Salt for pico*	¼ tsp	¼ tsp
Freshly ground pepper for pico*	¼ tsp	¼ tsp
Avocado	180g	360g
Salt for crema*	¼ tsp	¼ tsp
Freshly ground pepper for crema*	¼ tsp	¼ tsp
Firm tofu	1 packet	2 packets
Cornmeal tofu coating	1 packet	1 packet
Vegetable oil*	as needed	as needed
Corn tortillas	1 packet	2 packets
Chipotle mayonnaise	1 tub	1 tub
Coriander	10g	20g

\* Pantry items

## Allergens and ingredients

Allergens: soy.

May contain traces of other allergens.

For full details of allergen and ingredient information contact us at (02) 8773 4584.

# Instructions

## 1. Make pico de gallo

Finely dice **tomato** and **onion**. Deseed and finely chop **jalapeno** (**optional**). Zest and juice **lime** (½ for 2 serves and 1 for 4 serves). Into a bowl, add **tomato**, **onion**, **jalapeno**, **salt for pico\***, **pepper for pico\*** and **half** the quantity of **lime juice** and stir to combine.

## 2. Make avocado lime crema

Deseed **avocado** and spoon flesh out into a medium bowl. Mash with a fork until smooth. Add **salt for crema\***, **pepper for crema\***, **lime zest** and remaining **lime juice** and stir until smooth.

## 3. Coat tofu

Slice **tofu** in half horizontally, then into ½ cm-thick slices. Place **cornmeal tofu coating** into a shallow bowl. Dip each **tofu** slice into **coating** to cover all sides and transfer **tofu** to a plate.

## 4. Fry tofu

In a large frying pan over medium heat, add **oil\*** (see tip). When hot, add **tofu** and fry until golden brown on both sides, about **5 minutes**. Remove from the pan and allow to drain on kitchen paper towel.

## 5. Warm tortillas

If you have a gas stove, you can warm **tortillas** directly over a low open flame. Using heatproof tongs, place **tortilla** over flame and warm for about **5 seconds** on each side.

Alternatively, heat a large frying pan over high heat. When hot, place two **tortillas** into the pan so that they are not overlapping and heat until they start to lift slightly off the pan, about **15 seconds** on each side. Repeat until all **tortillas** have been heated. Keep **tortillas** warm by stacking on top of each other on a plate covered with foil.

## 5. Serve

To serve **crispy tofu tacos**, add a slice of **tofu** to each **tortilla**, top with **pico de gallo**, a dollop of **avocado lime crema**, a drizzle of **chipotle mayo** and sprig of **coriander**.

## Cooking tip

Use as much oil as needed to coat your pan ½ cm deep.

Eat your way  
to healthy!



**Tofu** is a good source of protein and contains all nine essential amino acids your body needs. Surprisingly, it provides more protein per calorie than beef. It is also a source of iron, manganese, potassium, calcium, selenium, phosphorous, magnesium, copper, zinc and vitamin B1.

Tofu has been linked to health benefits such as better heart health, lower levels of 'bad' cholesterol, better bone health, lower risk of colorectal and prostate cancer, better skin and better memory and brain health.

## Nutritional information\*

	Per 500g serve	Per 100g
Energy	3392kJ (811Cal)	678kJ (162Cal)
Protein	37.5g	7.5g
Fat, total	37.8g	7.6g
- Saturated	5.6g	1.1g
Carbohydrate	70.6g	14.1g
- Sugars	5.0g	1.0g
Sodium	1410mg	282mg

\* Nutritional information is based on averages