



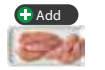
Bang Bang Tofu Tacos

with Crunchy Red Cabbage-Carrot Slaw

Veggie

Spicy

20 Minutes



Chicken Breast
Tenders ⁺
310 g | 620 g

Customized Protein

+ Add

Swap

or

*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)



Tofu
1 | 2



Flour Tortillas
6 | 12



Red Cabbage,
shredded
113 g | 226 g



Carrot, julienned
56 g | 113 g



Lime
1 | 2



Cilantro
7 g | 14 g



Sweet Chili
Sauce
4 tbsp | 8 tbsp



Spicy Mayo
2 tbsp | 4 tbsp



Cornstarch
2 tbsp | 4 tbsp



Black Sesame
Seeds
7 g | 14 g



Garlic Salt
1 tsp | 2 tsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Pepper, oil, sugar, salt

Cooking utensils | Large bowl, large non-stick pan, measuring spoons, paper towels, small bowl, whisk, zester

1



Prep

- Before starting, wash and dry all produce.

+ Add | [Chicken Breast Tenders](#)

- Pat **tofu** dry with paper towels, then cut into ½-inch pieces. Season with **salt** and **pepper**.
- Finely chop **cilantro**.
- Zest, then juice **half the lime**. Cut **remaining lime** into **wedges**.
- Combine **spicy mayo** and ¼ **tsp** (½ **tsp**) **lime juice** in a small bowl. Season with **salt** and **pepper**.

4



Warm tortillas

- Wrap **tortillas** in paper towels.
- Microwave until warm and flexible, 1 min. (**TIP:** You can skip this step if you don't want to warm tortillas.)

2



Cook tofu

- Mix **cornstarch**, **garlic salt** and **half the sesame seeds** in a zip-top bag.
- Add **tofu** and toss to coat.
- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **1 tbsp oil**, then **tofu**.
- Pan-fry, turning occasionally, until golden-brown, 6-8 min. (**NOTE:** Cook in 2 batches for 4 ppl, using 1 **tbsp** oil per batch.)
- Remove from heat.
- Add **sweet chili sauce** to the pan with **tofu**. Toss to coat.

3



Make coleslaw

- Meanwhile, add ½ **tbsp** (1 **tbsp**) **lime juice**, ¼ **tsp** (½ **tsp**) **lime zest**, ½ **tsp** (1 **tsp**) **sugar** and **1 tbsp** (2 **tbsp**) **oil** to a large bowl.
- Season with **salt** and **pepper**, then whisk to combine.
- Add **red cabbage**, **carrots**, **half the cilantro** and **remaining sesame seeds** to the large bowl with **dressing**.
- Toss to combine.

5



Finish and serve

+ Add | [Chicken Breast Tenders](#)

- Divide **tortillas** between plates. Top with **cabbage-carrot slaw** and **bang bang tofu**.
- Drizzle **spicy mayo sauce** over top and sprinkle with **remaining cilantro**.
- Squeeze a **lime wedge** over top, if desired.

Measurements
within steps

1 **tbsp** (2 **tbsp**) **oil**
2 person 4 person Ingredient

1 | Prep

+ Add | [Chicken Breast Tenders](#)

If you've opted to add **chicken breast tenders**, pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **chicken breast tenders**. Sear until **tenders** are golden-brown and cooked through, 3-4 min per side.** Use the same pan to cook the **tofu** in step 2.

5 | Finish and serve

+ Add | [Chicken Breast Tenders](#)

Thinly slice **chicken**. Divide **chicken** between **tortillas**.

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook chicken to a minimum internal temperature of 74°C/165°F