



# Tex-Mex Tofu Tacos

with Avocado Crema and Cheddar Cheese

Veggie Quick 25 Minutes



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- Tofu
- Beyond Meat®
- Flour Tortillas
- Guacamole
- Enchilada Spice Blend
- Roma Tomato
- Lime
- Cheddar Cheese, shredded
- Spring Mix
- Tex-Mex Paste
- Sour Cream

### CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.  
Happy cooking!

HELLO TOFU

Similar to cheese, tofu can be used in sweet and savoury dishes and can come in different textures!

## Start here

Before starting, wash and dry all produce.

**Measurements within steps** **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

## Bust out

Medium bowl, measuring spoons, zester, large bowl, small bowl, whisk, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Tofu	1	2
Beyond Meat®	2	4
Flour Tortillas	6	12
Guacamole	3 tbsp	6 tbsp
Enchilada Spice Blend	1 tbsp	2 tbsp
Roma Tomato	95 g	190 g
Lime	1	2
Cheddar Cheese, shredded	½ cup	1 cup
Spring Mix	28 g	56 g
Tex-Mex Paste	1 tbsp	2 tbsp
Sour Cream	3 tbsp	6 tbsp
Sugar*	¼ tsp	½ tsp
Oil*		
Salt and Pepper*		

\* Pantry items

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

## 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.*

1



### Prep tofu

- Pat **tofu** dry with paper towels.
- Crumble into pea-sized pieces into a medium bowl.
- Season with **Tex-Mex paste**, **Enchilada Spice Blend**, **salt** and **pepper**, then toss to coat.

If you've opted to get **Beyond Meat®**, prepare and cook the **patties** in the same way the recipe instructs you to prepare and cook the **tofu**. Decrease pan-frying time to 5-6 min, until crispy.\*\*

4



### Make salad

- Add ½ **tbsp** (1 **tbsp**) **lime juice**, ¼ **tsp** (½ **tsp**) **sugar** and ½ **tbsp** (1 **tbsp**) **oil** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add **spring mix** and **tomatoes**, then toss to combine. Set aside.

2



### Fry tofu

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp** (2 **tbsp**) **oil**, then **tofu**. Cook, stirring often, until golden-brown all over, 7-10 min.
- Season with ¼ **tsp** (½ **tsp**) **salt**.
- Remove from heat.

5



### 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!)

3



### Prep and make crema

- Meanwhile, zest, then juice **lime**.
- Cut **tomato** into ¼-inch pieces.
- Combine **guacamole**, **sour cream**, ½ **tbsp** (1 **tbsp**) **lime juice** and **lime zest** in a small bowl. Set aside.

6



### Finish and serve

- Divide **Tex-Mex tofu** between **tortillas**.
- Sprinkle with **cheese**.
- Dollop **avocado crema** over top.
- Top with **some salad**.

**Dinner Solved!**



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