



Glazed Tofu Tacos and Chips

with Pineapple Salsa and Chipotle Soured Cream

22

Classic 30-35 Minutes • Medium Spice • 1 of your 5 a day • Veggie



Potatoes



Pineapple Rings



Spring Onion



Lime



Chipotle Paste



Tofu



Cornflour



Smoked Paprika



Soured Cream



Plain Taco Tortilla

Pantry Items

Oil, Salt, Pepper, Olive Oil

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, bowl, kitchen paper and frying pan.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Pineapple Rings	1 tin	1½ tins	2 tins
Spring Onion**	1	2	2
Lime**	1	1	1
Chipotle Paste	20g	30g	40g
Tofu** 11)	280g	420g	560g
Cornflour	20g	30g	40g
Smoked Paprika	1 sachet	1 sachet	2 sachets
Soured Cream** 7)	75g	120g	150g
Plain Taco Tortilla 13)	4	6	8

Pantry	2P	3P	4P
Salt*	¼ tsp	¼ tsp	½ tsp
Oil for Cooking*	3 tbsp	4 tbsp	6 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	623g	100g
Energy (kJ/kcal)	3448/824	553/132
Fat (g)	32.5	5.2
Sat. Fat (g)	8.7	1.4
Carbohydrate (g)	107.2	17.2
Sugars (g)	16.7	2.7
Protein (g)	30.0	4.8
Salt (g)	2.10	0.34

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **11)** Soya **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Bake the Chips

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel). Pop them onto a large baking tray.

Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use *two baking trays if necessary*.

When the oven is hot, bake on the top shelf until golden, 25-30 mins. Turn halfway through.



Time to Fry

Heat the **oil for cooking** (see pantry for amount) in a large frying pan on high heat.

Once hot, fry the **tofu** until slightly crispy, 8-10 mins. Turn frequently to ensure it doesn't burn.

Meanwhile, in a small bowl, combine the remaining **chipotle** and **soured cream**.

Once the **tofu** is crispy, transfer it to a plate lined with kitchen paper.



Make the Pineapple Salsa

Meanwhile, remove the **pineapple rings** from the tin, reserving the **juice** for later. Chop the **pineapple** into 1cm chunks.

Trim and thinly slice the **spring onion**. Cut the **lime** into wedges.

In a small bowl, combine the **pineapple**, **spring onion**, **half** the **chipotle**, a drizzle of **olive oil**, a squeeze of **lime juice**, and some **salt** and **pepper**. Set your **pineapple salsa** aside.



Bring on the Glaze

Wipe out the (now empty) frying pan and put on medium-high heat. Add the **reserved pineapple juice** and simmer until reduced by half, 1-2 mins.

Return the **fried tofu** to the pan and toss to coat until glazed.

Pop the **tortillas** (2 per person) onto a baking tray and into the oven to warm through, 1-2 mins.



Coat the Tofu

Drain the **tofu** and cut into 2cm cubes. Pat dry with kitchen paper.

In a medium bowl, combine the **cornflour**, **smoked paprika** and **salt** (see pantry for amount). Toss the **tofu** in the **cornflour** until completely coated.



Assemble and Serve

When everything's ready, lay the **tortillas** on your plates and spread each with a spoonful of the **chipotle soured cream**.

Load up each **taco** with the **glazed tofu** and **pineapple salsa** - as much as you'd like.

Serve the **chips** and any remaining **lime wedges** alongside. **TIP:** *Tacos are best enjoyed eaten by hand - get stuck in!*

Enjoy!