

Sesame Tofu Tacos

Portions: 12 to 16 tacos

Preparation: 25 minutes

Cooking time: 15 minutes

10

V

VEG

LF

GF



Ingredients

Tofu Filling

1 onion, diced
2 garlic cloves, minced
2 carrots, shredded
250 g (8 ounces) tofu, shredded (in a food processor)
2 tablespoons (30 ml) soya sauce
1 tablespoon (15 ml) sesame oil
1 tablespoon (15 ml) hot pepper paste (or less, if you don't like spicy)

Coleslaw

½ green cabbage, minced
1 teaspoon (5 ml) sesame oil
⅓ cup (80 ml) mayonnaise
1 tablespoon (15 ml) sugar
1 teaspoon (5 ml) hot pepper paste
The juice of 1 lime
Chives or parsley, minced (optional)

Tacos

10 soft corn tortillas
1 bell pepper, in small dices
Feta or vegan shredded cheese, to taste

Steps

Tofu filling

In a pan, cook the onion and garlic in a little bit of oil until golden brown. Add the tofu and continue cooking until nicely browned. Turn the heat off, add all other ingredients, mix well, and set aside.

Coleslaw

In a bowl, combine all the ingredients and set aside.

Tacos

Grill your tortillas one by one on each side and reserve and keep warm in a dishtowel. When ready to eat, spoon the tofu filling on the tortillas. Top with the coleslaw, pepper, and cheese. Eat right away!