

Smoked Tofu Chipotle Tacos

Serves 2-3

25 mins

1 main ingredient

So easy to make and enjoy anytime of the week. Serve with a side of roasted butternut squash or sweet potato wedges and a green salad.

What you'll need

Main ingredients	Fresh/ frozen	Store cupboard
½ - 1 block smoked Tofu cut into 8 large cubes - we used: https://tofoo.co.uk/products/smoked/ L	½ red onion Avocado ¼ white cabbage ¼ red cabbage ½ red pepper Greek yoghurt Coriander Lime Iceberg lettuce (for taco style wraps)	Chipotle paste or sauce White or apple cider vinegar Honey or maple syrup (optional) Olive oil Salt & Pepper, to taste

What to do

1. Preheat the oven 170 C fan, or 180 C.
2. **Prep the tofu.** Use a coarse grater to grate the tofu. Mix together 1 teaspoon of chipotle paste with a little olive (or 1 tbsp chipotle bottled sauce) and a teaspoon of honey or maple syrup (if using) and add the grated tofu - give it a good stir. Tip the grated tofu onto a lined baking sheet or try and spread out evenly . Bake for 15-20 minutes - or until the tofu is starting to crisp up, if that's how you like it.
3. **Pickle the onion & prep the crunchy slaw.** While the tofu is in the oven, make a quick colourful slaw and pickle the onion. Finely chop, or carefully use a mandolin to slice half a red onion - place this in a small bowl and cover with a tablespoon or 2 of vinegar and leave to pickle. Again, using the mandolin or a sharp knife, finely slice ¼ or ½ red cabbage, ¼ or ½ white cabbage and as much red pepper as you like. Mix in a large bowl with enough greek yoghurt to coat everything (a couple of dollops) and a good squeeze of fresh lime - add salt & black pepper to taste.
4. **Avocado!** Slice or mash the avocado with some freshly squeezed lime juice and coriander, season to taste.
5. **Serve up family style!** When the tofu is ready, it's time to serve up and enjoy! Family style is fun as you can build your own tacos with whatever you fancy.... We use iceberg lettuce leaves instead of taco/ tortilla wraps, but use whatever suits you and your way of eating....

Notes & tips

- Slaw make as much as you like, any leftovers are fab to include on your lunch plate/ box in the week
- Recipe inspired by: <https://tofoo.co.uk/recipes/smoked-tofoo-chipotle-tacos/>