



# U C O O K

— COOKING MADE EASY

## Speedy Tex-Mex Tacos

**with organic corn tortillas, crispy tofu & sour cream**

To fu, or not to fu, that is the question: when it's crisped by a dusting of corn flour and enfolded in smoky chipotle bean chilli and fresh salsa, the answer is obvious! Fire up your senses in mere minutes with this perfect blend of cool and warm, creamy and spicy.

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**Hands-On Time:** 20 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person

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**Chef:** Lauren Todd

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 **Vegetarian**

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## Ingredients & Prep

50g	Corn
50g	Cucumber <i>diced</i>
1	Spring Onion <i>finely sliced, keeping the white and green parts separate</i>
60g	Kidney Beans <i>drained &amp; rinsed</i>
100g	Cooked Chopped Tomatoes
20g	Chipotle in Adobo Sauce <i>roughly chopped, reserving the sauce</i>
110g	Tofu <i>drained</i>
15ml	Corn Flour
3	Organic Corn Tortillas
20g	Green Leaves <i>rinsed &amp; roughly shredded</i>
50ml	Sour Cream

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel  
Sugar/Sweetener/Honey

**1. SALSA LOCO** Place a pan over a high heat with a drizzle of oil. When hot, fry the corn for 3-4 minutes until charred, shifting occasionally. On completion, transfer to a bowl and allow to cool slightly before adding in the diced cucumber and green spring onion slices. Toss together with a drizzle of oil and some seasoning. Set aside for serving.

**2. RUBY RED BEAN CHILLI** Place a pot over a medium heat with a drizzle of oil. When hot, fry the drained kidney beans and white spring onion slices for 3-4 minutes until heated through and softened, shifting occasionally. Stir in the cooked chopped tomatoes and the chopped chipotle chillies, reserving the adobo sauce for step 3. Allow to reduce for 3-4 minutes until thickened and fragrant, stirring occasionally. Season with salt, pepper, and a sweetener of choice to taste. Remove from the heat on completion, pop on a lid, and set aside to keep warm until serving.

**3. TOFU TO DIE FOR** Pat the tofu dry with some paper towel and slice horizontally into 3 slabs. Place the corn flour in a shallow dish and gently use to coat each slab, dusting off any excess on completion. Return the pan to a medium-high heat with another drizzle of oil and some of the reserved adobo sauce to taste. When hot, fry the tofu for 3-4 minutes per side until crispy and golden all over. Remove from the pan on completion.

**4. WARM UP YOUR TORTILLAS** Place a clean pan over a medium heat. When hot, dry toast the tortillas in batches for 30-60 seconds per side until warmed through and lightly crisped. Remove from the pan on completion. As you go, stack the heated ones on a plate under a dry dishcloth. This stops them getting cold or drying out.

**5. TOFU TACO FIESTA!** Lay the warm tortillas out flat and pile the bean chilli in the centre. Cover in the crunchy corn salsa and scatter over the shredded green leaves. Top with the crispy tofu and dollops of sour cream. What a vibrant veggie meal!



## Chef's Tip

Kidney beans are a great source of fiber and plant-based protein. They're also high in B vitamins, manganese, and iron. Add them to salads, stews, rice dishes, or soups for extra flavour and nutrients!

## Nutritional Information

Per 100g

Energy	459kj
Energy	110Kcal
Protein	4.7g
Carbs	13g
of which sugars	2.3g
Fibre	2.5g
Fat	4.1g
of which saturated	1.5g
Sodium	102mg

## Allergens

Dairy, Allium, Soy

Cook  
within 3  
Days