

30 minutes

Serves 4-6

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Ingredients

- 4 packets (200g each) PnP plain tofu
- Salt and milled pepper
- Glug vegetable oil
- ½ cup (125ml) soy sauce
- ⅓ cup (80ml) honey
- ¼ cup (60ml) sesame seeds
- 2 spring onions, sliced

For serving:

- Flour tortillas, toasted over a wire rack of an oven to create tacos (corn taco shells work well too)
- 2 cups (500ml) shredded cabbage
- 1 packet (100g) English spinach
- 2 radishes, sliced
- 2 Israeli cucumbers, sliced
- Micro herbs and chilli, chopped (optional)

Method

1. Tear tofu into 3-4cm chunks.
2. Place tofu between two baking trays that are lined with kitchen paper, and squeeze to remove excess moisture.
3. Coat tofu in vegetable oil and seasoning.
4. Cook over medium coals in batches until golden and crispy, about 3-5 minutes a side. Set aside.
5. Combine soy sauce and honey, and baste tofu, cooking for another minute.

6. Remove from heat and add sesame seeds and spring onion.
7. Assemble by layering tortillas with cabbage, spinach, radish and cucumber slices.
8. Top with crispy tofu filling and garnish with micro herbs and chilli, if using.

Cook tofu on the stove top! Heat a glug of oil in a pan and fry tofu chunks in batches until golden and crispy. Set aside. Pour over soy sauce mixture, cooking for another minute before assembling tacos.

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