

Spicy Shredded Tofu Tacos



This smokey, spicy shredded tofu is so easy and makes for a delicious vegan meat substitute. Perfect for tacos, or use in any other home Mexican recipes.

Ingredients

- 450 g firm tofu, finely chopped
- 1 tbsp light extra virgin olive oil
- 2 tsp Community Co Taco Seasoning
- 2 tsp of minced garlic
- 1 tbsp tomato paste
- 1 tsp cornflour
- 1/2 cup salt-reduced vegetable stock
- 1 chipotle chilli in adobo sauce, minced (optional)
- 1 avocado, sliced
- 1 cup tomato salsa sauce
- 1/4 of green or purple cabbage, shredded
- 8 low GI corn tortillas

1/2 bunch coriander, chopped

Pickled Jalapeno (optional)

Method:

1. In the frying pan over medium heat add 1 tbsp of olive oil, cook the tofu for about 5-10 minutes, or until golden brown.
2. Add garlic, tomato paste and taco seasoning. Sauté for a couple of minutes.
3. Whisk cornflour together with the stock, add it to the tofu, stir and cook for a few minutes.
4. Add the salsa sauce and continue cooking until most liquid evaporates.
5. Taste and season with pepper and salt.
6. Warm up the tortillas to serve, with cabbage, avocado, salsa, coriander and sour cream.