

## Tofu Tacos

Serves 2-3 people

Tofu is well known for its versatility and ability to soak up flavours. Traditional meat-eating taco lovers give this one the thumbs up saying that the tofu really takes on the taco flavour - try it for yourself!

**Difficulty Level:** Easy

**Prep Time:** 5 minutes

**Cook Time:** 10 minutes

**Total Time:** 15 minutes



### INGREDIENTS

- 300g TONZU Organic Tofu
- ⅓ cup brown rice or bulgur wheat, cooked
- ¼ cup peanuts
- ½ green capsicum, diced
- 2 garlic cloves, crushed
- ¼ tbsp chilli powder
- ¼ cup tomato puree
- ½ tsp salt

- 6 taco shells

### Garnishes

- Chopped tomato
- Minced onion
- Shredded lettuce
- Grated ZENZO Dairy-free Cheddar
- Tabasco or taco sauce

### HOW TO MAKE

1. Combine the tofu, rice, peanuts, green pepper, garlic, chilli, tomato puree and salt into a bowl and mash thoroughly. Heat the mixture gently in a frying pan.
2. Heat the taco shells.
3. Fill the taco shells and devour!

### HOW TO SERVE

Serve with TONZU Tofu Sour Cream, ZENZO dairy-free Sour Cream, TONZU Tofu Tzatziki, or ZENZO plain Coconut Yoghurt