

# Bulgogi Tofu Tacos

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 24 tacos

Serving size: 2 tacos

Ingredients	Quantity	Measure
<b>Cabbage Slaw</b>		
Red cabbage, shredded	2	cups
Green cabbage, shredded	2	cups
Carrots, shredded	1	cup
Lime juice	½	cup
Salt and pepper		to taste
<b>Cucumber Pickles</b>		
English cucumber, thinly sliced	1	each
Rice wine vinegar	½	cup
Sugar	¼	cup
Red chili flakes	½	tsp.
<b>Bulgogi Tofu</b>		
*Tofu, extra-firm, drained, pressed	2	pounds
Cornstarch	¼	cup
Sesame oil (changed from Canola Oil)	½	cup
Ginger, minced	2	Tbsp.
Garlic, minced	2	Tbsp.
Gochujang (Korean chili paste) (Reduced from 1 cup)	½	cup
Brown sugar	1	cup
Soy sauce	½	cup
Rice wine vinegar	1	cup
<b>Assembly</b>		
Sesame seeds, toasted	2	Tbsp.
Flour tortillas, 6 inch or street food style	24	each



# Bulgogi Tofu Tacos Continued

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## Preparation

\*Please see separate page for tofu pressing instructions.

1. **Cabbage Slaw** – In a large bowl, combine the cabbages, carrots, and lime juice and mix well. Place in the walk-in until all other components are ready. Adjust the seasoning with salt and pepper as needed.
2. **Cucumber Pickles** – In a pot heated over medium high heat, combine the rice vinegar and sugar together and allow to come to a boil, whisking to combine. Add the chili flakes and whisk to combine. Place the cucumbers in a heat resistant bowl and pour the vinegar mixture over the top of the cucumbers. Make sure that the cucumbers are completely submerged and allow to cool to room temperature, then placing them in a cooler to cool completely while all other components are being made.
3. **Bulgogi Tofu** – Using your hands, crumble the tofu into small pieces (alternatively, you can place the tofu in a food processor and pulse until all crumbled). Place tofu into a bowl with the cornstarch and toss to coat evenly. Heat a ¼ cup of oil in a large skillet or on a flat top. Add the tofu once the oil shimmers. Cook the tofu until golden brown and crisp. Remove from the skillet and reserve. In the same skillet, add the remaining oil and heat over medium high heat, add the ginger and garlic, and cook until fragrant. Add the gochujang, then the brown sugar and whisk to combine. Add the soy sauce and rice wine vinegar and mix well. Reduce the sauce over medium heat for 2 minutes, then add the cooked tofu and coat well. If needed, add a little water if the sauce and tofu mixture is too thick.
4. **To Assemble** – Heat a tortilla and place on a plate. Add the tofu mixture followed by the cabbage slaw and two pickles. Garnish with sesame seeds.

## Nutrition Information \*From USDA Nutrient Database

Calories: 543 Total Fat: 18.9g Saturated Fat: 2.9g Monounsaturated Fat: 9.5g Polyunsaturated Fat: 5.5g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 79g Fiber: 3.9g Total Sugar: 41g Protein: 14g Sodium:  
2193mg Vitamin A: 2µg Vitamin C: 9.1mg Calcium: 285mg Iron: 4.2mg Folate: 86µg