

Recipe Name: Mexican Taco Recipe With Spicy Tofu Crumble

Diet Type:

Course: Lunch

Cuisine: Mexican

Quantity:



Ingredients

Ingredient	Quantity
• 4 Soft Taco Shells - or hard taco shells	4
• 2 tablespoon Achari Mayo	
• 100 grams Cheddar cheese - shredded (optional)	
• 400 grams Tofu - crumbled	
• 1/2 cup Sweet corn	
• 1 teaspoon Tabasco Original - Hot Sauce	
• 1 tablespoon Extra Virgin Olive Oil	
• 1 Cucumber - finely chopped	
• 1 Tomato - finely chopped	
• 1 Onion - finely chopped	
• Salt and Pepper - to taste	

Preparation

- To begin making the Mexican Taco Recipe With Spicy Tofu Crumble, first prep all the ingredients and keep them ready.
- Mix the tomatoes, onion, cucumber and toss it along with salt and pepper and keep aside.
- Heat olive oil in a pan; add the crumbled tofu, corn and achari mayo along with tabasco sauce and toss them together on high heat until it is well combined.
- Check the salt to taste and adjust accordingly.
- To assemble the Mexican Taco Recipe With Spicy Tofu Crumble, warm the soft tacos on a skillet for a few seconds.
- Place it on a platter, spoon the achari tofu corn crumble on the tacos and serve immediately.



Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
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