

TOFU TACOS



Serves 2



Prep: 25mins



Cook: 14 mins



INGREDIENTS

200g	Extra firm tofu
2 tsp	Cumin powder
¼ tsp	Salt, lower in sodium
1 tbsp	Oil
4 pcs	Taco shell
120g	Cabbage, red, shredded
6 pcs	Cherry tomatoes, diced
4 tbsp	Yoghurt, low-fat

METHODS

1. Press dry tofu with paper towel and cut into cubes.
2. Marinade tofu with cumin, salt and oil. Set aside for 15 mins.
3. Air-fry tofu for 12 mins at 200°C and tossing the tofu at 6 mins.
4. While waiting for tofu to be done, mix the red cabbage, tomatoes with low fat yogurt.
5. After tofu is ready, remove tofu from air-fryer and set aside.
6. In the air-fryer, heat up taco shell in air-fryer for 2 mins at 200°C.
7. In sequence, assemble the red cabbage, tomatoes, and cooked tofu onto taco.
8. Enjoy while it's hot!



< 500 KCAL
DISHES



ONE-DISH
MEALS



MEATLESS
MONDAY

Nutrition Information (per serving)

Energy 369kcal, Carbohydrate 19.7g, Protein 17.9g, Fats 22.7g, Saturated Fats 4.0g, Polyunsaturated Fats 8.0g, Monounsaturated Fats 8.8g, Cholesterol 2.5mg, Dietary Fibre 8.5g, Sodium 242mg, Potassium 723mg, Phosphate 384mg



90 Yishun Central, Singapore 768828



www.ktph.com.sg



ktph.dietitians@ktph.com.sg



Call-A-Dietitian Hotline 983 22 983



@ktph.dietitians