

## Crispy Tofu Tacos

(Yield: 4 tacos | Serves 2)

### Crispy Tofu

- 200 g firm tofu, drained
- 28 g olive oil (2 T), divided
- 6 g low-sodium soy sauce (1 tsp)
- 1 tsp ground cumin
- ½ tsp smoked paprika
- ¼ tsp garlic powder
- ¼ tsp onion powder
- ⅛ tsp ground cayenne (optional)
- 0.8 g salt + MSG blend
- 0.5 g ground black pepper
- 30 g tomato paste

### Avocado Cream

- 140 g ripe avocado flesh (≈1 medium)
- 14 g mayonnaise (1 T)
- ½ tsp lime zest
- 1½ T lime juice
- Salt, to taste

### To Serve

- 4 small tortillas (flour or corn), warmed
- 30 g red onion, thinly sliced
- 40 g radishes, thinly sliced
- 10 g fresh cilantro, chopped

## INSTRUCTIONS

1. Preheat oven to **200°C**. Line a rimmed baking sheet with foil or parchment.
2. Drain **tofu** and gently squeeze out excess moisture. Coarsely grate or crumble onto the baking sheet.
3. Drizzle tofu with **1 T olive oil** and **1 tsp soy sauce**. Mix **cumin, smoked paprika, garlic powder, onion powder, cayenne** (if using), **salt+MSG**, and **pepper**; sprinkle over **tofu** and toss. Spread into an even layer.
4. **Roast 25–30 minutes**, stirring once halfway, until lightly browned and beginning to crisp.
5. Mix **tomato paste** with remaining **1T olive oil**. Drizzle over tofu, toss, spread evenly, and **roast 10–15 minutes more** until deeply browned and crisp at edges.
6. Blend **avocado, mayonnaise, lime zest, and lime juice** until smooth. Season with **salt**.
7. Spread avocado cream on tortillas. Top with tofu, red onion, radishes, and cilantro. Serve immediately.

## NOTES

- Tofu quantity is intentionally concentrated for 4 tacos.
- Use low-sodium soy sauce only; tomato paste provides additional umami.



- Cayenne is optional; omit for zero heat.
- Tofu can be roasted ahead and recrisped briefly at 200°C before serving.

**NUTRITION (per taco)**

Kcal: 260 | Protein: 10 g | Fat: 17 g | Sat. Fat: 3 g | Carbs: 21 g | Sugars: 4 g | Fiber: 6 g |  
Sodium: 430 mg | Omega-3: 0.3 g

**NUTRITION (whole dish)**

Kcal: 1,040 | Protein: 40 g | Fat: 68 g | Sat. Fat: 12 g | Carbs: 84 g | Sugars: 16 g | Fiber: 24 g |  
Sodium: 1,720 mg | Omega-3: 1.2 g