

TOFU TACOS AL PASTOR



PREP TIME

30 mins

COOK TIME

20 minutes

SERVINGS

4 serving - 2 taco

INGREDIENTS

Marinade:

1/2 dried guajillo pepper, without seeds
1/2 dried ancho pepper, without seeds
3 tablespoon achiote paste
1/4 large yellow onion, chopped
2-3 cloves garlic, minced
2 tablespoon apple cider vinegar
1 1/2 tablespoon lime juice
1/4 cup pineapple juice
1 teaspoon coconut or brown sugar
2 tablespoon oregano
2 teaspoon smoked paprika
1 tablespoon cumin
Salt and pepper to taste

Taco:

1 block extra-firm tofu, pressed
1 tbsp high heat oil
10 corn tortillas
1 cup pineapple, diced
2 tablespoon cilantro, chiffonade
1 cup spinach, chiffonade
1/2 cup cherry tomato, halved
2 limes, wedged
1/4 cup pickled onion
1 cup cooked rice of choice



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INSTRUCTIONS

1. Prepare tofu by pressing for 1-4 hours.
2. Remove seeds from peppers and rehydrate in water for 20 minutes. Discard water after rehydration.
3. Add all marinade ingredients to a food processor. Blend twice in 30 seconds intervals, wiping down the sides in between blending.
4. Add marinade to a gallon-sized resealable bag.
5. Slice tofu into thin slices then add to bag.
6. Seal and let marinate overnight.
7. Prepare rice per instructions.
8. Prepare all toppings (chiffonade spinach and cilantro together).
9. Heat a cast-iron skillet over medium heat with oil. Once hot, add tofu and marinade to the hot pan.
10. Flip and move the tofu around every 5 minutes to brown.
11. Once the tofu is brown, remove pan from heat.
12. Assemble tacos and enjoy!

Chef Note: It is best to marinate tofu overnight, but can be prepared the day of.

NUTRITIONAL ANALYSIS

Per Serving

Calories : 508 kcal

Fat: 13 g

Cholesterol: 0 g

Sodium: 29 g

Carbohydrates: 83 g

Protein: 19 g

Dietary Fiber: 9 g

Iron: 5 mg

Vitamin C: 109 mg

