



# KIMCHI TOFU SCRAMBLE TACOS WITH SWEET POTATO WEDGES

SERVES 2 OR 4  
TIME: 35 MIN  
CALORIES: 610/SERVING



Crumbled tofu makes the perfect crispy taco filling, especially when it's mixed with savoury tamari and sesame oil, and bright spicy chopped kimchi. We've added in kale for extra nutrients, and sweet potato wedges on the side for a well balanced meal.

## WHAT YOU'LL NEED

- Baking sheet
- Silicone baking mat (optional)
- Large pan
- Oil
- Salt
- Pepper



### WHAT'S INSIDE

2 servings      4 servings

Sweet Potato	1	2
Sesame Oil	1 tbsp	2 tbsp
Tofu	250 g	500 g
Sauce	2 tbsp	1/4 cup
Kale	1/4 bunch	1/2 bunch
Green Onions	2 stalks	4 stalks
Kimchi	1/2 cup	1 cup
Flour tortillas	6	12
Sesame Seeds	1/2 tbsp	1 tbsp
Lime	1	1

**NOTE: The sweet potatoes in the photos are purple. Due to availability, we may need to substitute with orange.**

Nutrition Facts		Valeur nutritive	
Per Serving (386 g)			
pour 1 (386 g)			
<b>Calories 610</b>		<b>% Daily Value*</b>	
		<b>% valeur quotidienne*</b>	
<b>Fat / Lipides</b> 32 g			43 %
Saturated / saturés 6 g			30 %
+ Trans / trans 0 g			
<b>Carbohydrate / Glucides</b> 56 g			
Fibre / Fibres 10 g			36 %
Sugars / Sucres 6 g			6 %
<b>Protein / Protéines</b> 34 g			
<b>Cholesterol / Cholestérol</b> 0 mg			0 %
<b>Sodium</b> 1140 mg			50 %
Potassium 900 mg			19 %
Calcium 1100 mg			85 %
Iron / Fer 8.5 mg			47 %
*5% or less is a little 15% or more is a lot			
*5% ou moins c'est peu 15% ou plus c'est beaucoup			

## OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!



Preheat your oven to 400°F and prep your ingredients: Slice the **sweet potato** into wedges, crumble **tofu**, remove **kale** from stems and thinly slice, thinly slice **green onions**, chop **kimchi**, and cut **lime** into wedges.



Toss the **sweet potato wedges** in 1 tbsp of **oil** (2 tbsp for 4 servings) and season with **salt** and **pepper**. Spread on a baking sheet lined with a silicone baking mat or lightly greased and roast for 25-30 minutes, until tender and golden (flip halfway through).



Meanwhile, warm the **sesame oil** in a large pan over medium heat. Add the **crumbled tofu** and cook, stirring occasionally for 3-4 minutes. Add the **tofu sauce** and stir until well coated.



Mix in the **kale** and most of the **green onions** (save some for garnish). Continue cooking until the **kale** begins to wilt, about 6-7 minutes. Stir in the **kimchi (optional)** and cook for another minute then remove from heat.



When the **sweet potatoes** are done roasting, remove from the sheet and briefly warm the **tortillas**. Fill each **tortilla** with the **tofu scramble** and top with **sesame seeds** and **remaining green onions**. Serve with **lime wedges** and **roasted sweet potatoes**.