



Air Fryer Tofu Tacos

Ingredients

- 27 g Maggi Air Fryer Fajita
- 1 large red onion, sliced
- 1 tablespoon sunflower or vegetable oil
- 8 shells Taco
- 120 g red cabbage, grated
- 100 g sliced cucumber
- 4 large tomato, sliced
- 8 tablespoons yogurt or yogurt alternative
- 1 Medium red pepper, sliced
- 8 tablespoons yogurt or yogurt alternative

Instructions

1. HEAT: Preheat the air fryer to 190°C.
2. COAT: Put the tofu, onion and pepper into a bowl, add the oil and mix. Add the seasoning and mix again until coated.
3. COOK: Air-fry the ingredients for 15-18 minutes, turning 2-3 times during cooking for an even, crispy finish.
4. Toast the taco shells according to the pack instructions and fill with the cabbage, cucumber and tofu mixture. Top with the tomatoes and drizzle each with a little yogurt. Finish with coriander if using and serve.

Nutrition

Carbohydrate	48.51 g
Energy	335.75 kcal
Fat	10.32 g
Fibre	6.26 g
Protein	14.31 g
of which: saturates	2.52 g
Sodium	627.67 mg
of which: sugars	23.65 g

24 Minutes

4