



Recipes

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Crispy Tofu Moroccan Tacos

Prep Time: 10 Minutes

Cooking Time: 15 Minutes

Serves 2

Ingredients:

2 each 6" Smart Hearty Grains™ Tortilla (47086)

6 oz. Fried Tofu Sticks, pan fried, seasoned, see related recipe

2 oz. Yogurt Sauce, see related recipe

1 oz. Baby Arugula leaves

0.4 oz. Extra Harissa

.2 oz. Parsley

Directions:

1. Warm your tortillas and place a bed of arugula leaves
2. Put 2 fried tofu sticks per tortilla
3. Drizzle with yogurt-harissa sauce and parsley
4. Finally, add extra harissa right on top for an extra pop

Fried Tofu Sticks

Serves 1

Ingredients:

1 lb. Tofu block cut into 1x1x3inch sticks (about 8 total sticks)

1 oz. Olive Oil

.5 oz. Ras el Hanout seasoning

.1 oz. Kosher Salt

Directions:

1. pan fry on all sides and season



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Yogurt Sauce

Serves 1

Ingredients:

- 8 oz. Greek Yogurt , whole milk
- 2 oz. Harissa Pepper Sauce
- .5 oz. Lemon Juice
- .2 oz. Extra Virgin Olive Oil
- .5 oz. Honey

Directions:

1. Mix together