



# Homemade taco shells with Brussels sprouts and tofu

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## Ingredients for 9 tacos (serves 2-3)

### For the homemade taco shells

- 100 g (7/8 cup) (spelt) flour
- 100 g (7/8 cup) cornmeal
- 1 tsp. salt
- 1 tsp. baking powder
- 2 tbsp. olive oil

### For the filling

- 400-450 g (14.1- 15.8 oz) brussels sprouts
- 2 tbsp. olive oil
- 1 small tsp. cumin
- Salt
- 1 small tsp. paprika powder
- 1 tsp. agave syrup (optional)
- 200 g (7 oz) firm tofu
- 2 tbsp. soy sauce
- 1 tbsp. sesame oil
- Optional: 2 tsp. Mirin
- Chili flakes to your liking
- 1 tbsp. sesame seeds
- 100 g (3.5 oz) red cabbage

### For the creamy sauce

- 2 tbsp. almond or cashew paste/butter
- 3 heaped tbsp. yeast flakes
- 1 tsp. hot mustard
- 1 small or half clove of garlic (crushed)
- Salt
- Lemon juice for seasoning to your taste (1 tsp.) + some lemon juice for drizzling the tacos

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## Instructions (25-30 minutes preparation + 8-10 minutes baking time for the brussels sprout)

1. Start with the preparation of the homemade taco shells Mix (spelt) flour, corn flour, a pinch of salt, 1 tsp baking powder and 2 tbsp olive oil. Add 100 ml of water and quickly knead an even dough. If necessary, add 1 tbsp more water. Divide the dough into 9 pieces and roll them out round and thin.
2. Bake tacos in a pan without any oil from both sides for 1-2 minutes until they throw light bubbles and get some nice golden colour. Place the tacos over a rolling pin or bottle, press together smoothly and let them cool down. So they get the typical "shell form".
3. Preheat oven to 180 °C/ 356°F fan.
4. Wash the Brussels sprouts, cut/trim the stalk and cut the Brussels sprouts into quarters and/or halves. Mix the Brussels sprouts with 2 tbsp. olive oil, 1 tsp. cumin, a bit of salt and 1 tsp. paprika powder. Spread Brussels sprouts on a parchment paper.
5. Roast Brussels sprouts at 180°C/ 356°F fan for 8-10 minutes. Then remove the Brussels sprouts from the oven, lightly salt them again and I drizzle with a little bit of agave syrup (optional).
6. Press dry the firm tofu with kitchen paper and dice. Heat 2 tbsp soy sauce, 1 tbsp sesame oil and optionally 2 tsp Mirin in a wok/deep pan. Brown the tofu cubes all around and season with a pinch of salt and chilli flakes to your liking. As a last step mix in 1 tablespoon sesame seeds.
7. Rinse red cabbage and cut finely. Tip: To get a great texture of the red cabbage, I recommend kneading the grated cabbage with both hands while adding a dash of salt and some lemon juice. This procedure "breaks up" the structure and the cabbage gets soft and nice to eat.
8. For the creamy dressing mix 2 tbsp almond or cashew butter, 3 heaped tbsp. yeast flakes, 1 tsp hot mustard, a small pressed clove of garlic and a pinch of salt with 100 ml water and heat until a creamy sauce is obtained. Stir well. If necessary, add a little more water until the desired consistency is achieved. Season with a little lemon juice. Season with salt to your taste.
9. Fill the taco shells with the red cabbage, Brussels sprouts and tofu, sprinkle with lemon juice and lots of the creamy almond dressing

If you like, sprinkle a little more sesame on the tacos.