

TOFU LETTUCE WRAP



SERVING SIZE

3



INGREDIENTS

ITEM

Tamari Or Soy Sauce
Chili Paste
Fresh Lime Juice
Sesame Oil
Firm Tofu, Drained And Pressed
Olive Oil
Mushrooms, Minced

QUANTITY

3 Tbsp.
2 Tsp.
1 Tbsp.
2 Tsp.
14 Oz.
½ Tbsp.
1 Cup (About 4 Oz)

ITEM

Garlic Cloves, Minced
Fresh Ginger, Minced
Green Onion, Sliced
Fresh Cilantro, Minced
Fresh Mint, Minced
Leaves Crisp Butter Or Romaine Lettuce

QUANTITY

2
2 Tsp.
2 Tbsp.
2 Tbsp.
1 Tbsp.
9



PREPARATION

- In a small bowl, whisk together tamari, chili paste, lime juice, and sesame oil. Set aside.
- Crumble the pressed tofu into small pieces using your hands or a fork.
- Heat olive oil in a skillet over medium heat. Add mushrooms and cook 3-4 minutes until softened.
- Add garlic and ginger. Cook 30-60 seconds until fragrant.
- Add crumbled tofu to the skillet.
- Pour in the sauce and cook 4-5 minutes, stirring, until heated through and slightly caramelized.
- Remove from heat and stir in green onion, cilantro, and mint.
- Spoon the tofu mixture into lettuce leaves and serve immediately. Enjoy!