

Tofu Lettuce Wraps

These tofu lettuce wraps are a huge deal in our house. We fight over them and you will too. Full of veggies and protein to keep you satisfied these babies make a great lunch.

Prep:
15 minutes

Cook:
15 minutes

Ready In:
30 minutes

Servings:
4



Ingredients

- 1 block extra firm tofu, pressed, drained and cubed
- 1 8oz can water chestnuts, drained, rinsed and chopped
- 1/2 medium zucchini, chopped
- 1 cup mushrooms, chopped
- 1 medium carrot, chopped
- 3 cloves garlic, minced
- 1 thumb ginger
- 1 head butter lettuce or iceberg lettuce

Sauce Ingredients

- 3 tbsp hoisin sauce
- 2 tbsp rice vinegar, unseasoned
- 2 tbsp tamari or soy sauce
- 1 tsp sesame oil (optional)
- 1 tsp red pepper flakes (optional)
- 1 tsp sesame seeds

Instructions

- 1 In a large saucepan over medium heat add in a little bit of water or cooking oil and your garlic. Saute for 3-4 minutes or until fragrant.
- 2 Next add in your zucchini, mushrooms, carrots, water chestnuts and tofu and let that cook while we make our sauce.
- 3 To make the sauce add all of your sauce ingredients into a bowl and whisk together. Once it is smooth pour over veggies in the saucepan and let cook for 10 minutes stirring frequently (we want the majority of the sauce to be soaked up by the tofu and veggies). At the last minute or so add in your ginger. The best way is to use a microplane and shred it over top.
- 4 Once its done place your mixture in a bowl and serve inside of lettuce cups. I like to add rice to this meal to make it more filling as well. Enjoy and tag me on Instagram if you make this i love seeing your creations @highcarbannah :)