

ASIAN LETTUCE WRAPS WITH PEANUT-GINGER SAUCE

Lettuce wraps are super quick and delicious and usually satisfy just about everyone in the family. Most recipes have some sort of hoisin in them, but most hoisin brands are chock full of preservatives and often contain a mysterious caramel coloring, which can mean it has gluten. Dried fruit comes to the rescue in this recipe and makes for a rich, peanuty, and warm sauce that you can use to top off these plant-based wraps.

INGREDIENTS

1 package extra-firm tofu
8 ounces baby portobello mushrooms, diced
1 tablespoon sesame oil
2 scallions, chopped
Water chestnuts, about 6 chopped
2 tablespoons cilantro, chopped
Iceberg, Butter, or Romaine lettuce leaves, washed and dried
Peanuts, crushed (optional)
Grated carrots (optional)

PEANUT-GINGER SAUCE

3 tablespoons tamari
2 tablespoons rice wine vinegar
1/4 cup water
4 Medjool dates, pitted
2 prunes
1-inch knob of ginger, peeled
2 heaping tablespoons natural peanut butter
pinch of chili flakes if you want some heat (optional)

MAKES FOUR SERVINGS

- 1 Wrap the tofu in a kitchen towel and place in between two plates. Weigh the top plate down with a heavy skillet and let the water drain out for about 20 minutes.
- 2 Place tamari, rice wine vinegar, water, dates, prunes, ginger, and peanut butter into a small blender and blend through until smooth. Add a little bit of water as needed. The sauce should be thick.
- 3 Unwrap the tofu crumble it into pieces.
- 4 Clean the mushrooms with a damp paper towel and remove the stems. Then chop the mushrooms.
- 5 Heat a skillet to medium and add sesame oil. Add the tofu and cook for about 5-6 minutes or slightly browned. Stir often so that the tofu does not stick to the pan.
- 6 Then add the mushrooms and cook for 3 minutes.
- 7 Remove the pan from the heat and add in some of the sauce, about 2 tablespoons. Reserve the rest for serving.
- 8 Add in the water chestnuts, scallions, and cilantro.
- 9 Top with crushed peanuts and carrots. Serve with the sauce.

NOTES

- Try this recipe with ground chicken or diced shrimp instead of tofu.
- Also, add in red bell pepper if you have it on hand for some extra color and texture.