Noble Alchemy

Tofu Asian Lettuce Wraps

I had already created a recipe for Turkey lettuce wraps, but I decided to create a plant-based version that's both hearty and satisfying, seasoned with date-sweetened hoisin sauce (yes really!), Bragg's Aminos, garlic, and ginger. Water chestnuts add a refreshing crunch, and a touch of sriracha provides just the right kick. Enjoy these lettuce wraps as a handheld meal or as a lettuce wrap salad—perfect for anyone seeking a gluten-free, dairy-free, and oil-free meal for plant-based eaters!

Watch the demo on my YouTube channel.

Choose organic ingredients where ever possible.

INGREDIENTS

1 brick of tofu, pressed (to remove water) and crumbled
¼ cup + 1 TB Braggs Aminos, divided
1 TB + 1 tsp "Fix" Hoisin sauce, divided (see *cooks note1)
3 cloves garlic, chopped, divided
½ tsp garlic powder
½ cup vegetable broth
1 yellow onion, finely diced
1 jalapeno, finely chopped
2 cups Cremini (or your favorite) mushrooms, finely chopped
2 TB fresh ginger, graded (skin on)
¼ cup carrots, grated
1 can water chestnuts, chopped
Pinch of pepper
1 TB Sriracha (no added sugar)
¼ cup fresh cilantro, chopped
¼ cup fresh green onion, finely chopped
Lettuce of your choice (butter, & romaine are best for wraps), or use micro-greens or mixed greens if making a wrap salad.

PROCEDURE

Cook Tofu
1. Preheat oven to 400 f
2. Crumble 1 brick of tofu into a bowl-set aside.

3. Add 1 TB Braggs Aminos, 1 tsp “Fix” Hoisin sauce, 1 glove chopped garlic & ½ tsp garlic powder. Toss together and bake in 400 f oven for 25 minutes
4. Remove from oven and set aside.

Prepare Remaining ingredients
1. Over medium heat, saute onion, jalapeno and garlic in vegetable broth till limp
2. Add mushrooms, saute a few minutes
3. Add ginger, carrots, water chestnuts and add a pinch of pepper then saute a few more minutes
4. Add remaining Braggs Aminos, sriracha sauce, hoisin sauce, cilantro and green onion and reduce heat to low and let simmer 5 minutes
Make wrap: Put two small scoops of the filling into a piece of lettuce add additional hoisin or siracha as desired, and wrap it up like a burrito.
Or, make a salad: tear up some lettuce, put tofu mixture atop lettuce and add additional hoisin or sriracha on top of tofu mixture as desired.



Cooks Note1: Tahis yummy hoisin sauce is sweetened with dates! Love this new find and purchased it on Amazon HERE

If you want to try my turkey recipe, click HERE.