

ASIAN TOFU LETTUCE WRAPS

Submitted by Chef Fri Reyes at Scripps Health

SERVES 8

INGREDIENTS

¼ cup yellow onion, diced
¾ cup bell pepper, diced
2 tbsp. garlic, minced
1 lb. tofu, extra firm or baked
¼ cup hoisin sauce
½ cup green onions, chopped
2 tbsp. orange juice
Pinch of chili flakes
¼ cup almonds, slivered
1 tbsp. cilantro, chopped
Salt and pepper to taste
1 head butterhead lettuce
2 tsp. parsley, chopped
1 tbsp. black sesame seeds,
toasted
2 tbsp. plum sauce

PREPARATION

1. Dice yellow onions and peppers.
2. Mash the tofu with a fork until it resembles ground meat.
3. Sauté the onions and garlic. Once golden brown, add peppers, hoisin sauce, and tofu, and cook until well mixed.
4. Add the remaining ingredients except the lettuce, parsley, sesame seeds, and plum sauce. Cook until the mixture is brown and caramelized. Deglaze with orange juice until dry.
5. Remove from heat and let cool for 3 minutes. Place mixture on the butterhead lettuce cups.
6. Top with the chopped parsley and sesame seeds. Serve immediately with a side of plum sauce.

