

Asian-Style Lettuce Wraps



Craving a fresh and light meal? Try these Asian-inspired lettuce wraps! Vegetarian-friendly, these healthy and delicious wraps will delight your taste buds.

Preparation 15 min

Cooking 10 min

Servings 4

Nutrition Facts (per serving)

Calories 135

Fat 3

Carbohydrates 11

Fibre 5

Protein 15

Sodium 240

Ingredients

Filling

- 10 ml (2 tsp) sesame oil
- 1 clove garlic, minced
- 5 ml (1 tsp) fresh ginger, minced
- A pinch of red pepper flakes

- 250 ml (1 cup) textured vegetable protein (TVP)
- 15 ml (1 tbsp) soy sauce
- 4 rehydrated and roughly chopped shiitake mushrooms
- 4 shallots, sliced diagonally

Spicy sauce

- 60 ml (4 tbsp) 0% plain Greek yogurt
- 10 ml (2 tsp) sriracha
- 10 ml (2 tsp) lemon juice

Preparation

1. In a large non-stick skillet, heat the sesame oil over low heat. Add the garlic, ginger, and red pepper flakes, and cook for 5 minutes.
2. Meanwhile, rehydrate the textured vegetable protein (TVP) with water or your choice of broth (each cup of TVP requires 7/8 cup of liquid).
3. Rehydrate the shiitake mushrooms in a bowl of boiling water. Once they have absorbed the water, roughly chop them.
4. Add the rehydrated TVP and shiitake mushrooms to the skillet.
5. Add the sliced shallots and adjust the seasoning to taste.
6. For the spicy sauce, combine all the ingredients and mix well.
7. Serve on Boston lettuce leaves with rice on the side. Drizzle with the spicy sauce just before eating the wraps.

Notes



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