

Spicy Thai Vegan Lettuce Wraps

A crisp and healthy alternative loaded with fresh vegetables, easily customizable!



YIELD: 1 each	SERVING SIZE: 1 SERVING = 2 each	SOURCE: Seattle Public Schools
NUTRITIONAL CONTRIBUTION PER SERVING: 4 oz meat/meat alternative, ½ cup vegetable		

INGREDIENTS	QUANTITY	DIRECTIONS
Deeply Rooted Vegan Crumbles – rehydrated	1 pound	<ol style="list-style-type: none"> Heat 2 tablespoons of vegetable oil in pan over medium heat. Once fully heated, add garlic and serrano (or jalapeno) peppers to pan. Saute until translucent. Deglaze the pan with vegetable broth, oyster, and soy sauce. Mix together and add brown sugar. Stir until sugar is fully incorporated. Add vegan crumbles, stir to ensure liquid is fully coated on crumbles. Add basil to crumble mix (reserve some for garnish). Taste and adjust seasoning by adding salt, if needed. Once fully heated up and sauce is incorporated turn off heat and set aside. <p>To assemble:</p> <ol style="list-style-type: none"> Lay out lettuce leaves and scoop vegan crumbles on top of lettuce. Serve with julienne radish, carrot, onion, and jalapeno. Garnish with sprinkle of chiffonade basil and cilantro leaves. Add sweet Thai Chili Sauce on the side for dipping.
Vegetable Broth	½ cup	
Oyster Sauce	1 Tbsp	
Soy Sauce	1 Tbsp	
Brown Sugar	2 tsp	
Garlic, minced	4 cloves	
Serrano or Jalapeno, minced	2 Tbsp	
Basil, chiffonade	4 Tbsp	
Vegetable Oil	4 Tbsp	
Radish, julienne	3 Tbsp	
Carrot, julienne	3 Tbsp	
Onion or Shallot, julienne	3 Tbsp	
Leaf Lettuce	2 leaves	
Kikkoman Sweet Thai Chili Sauce	As needed	
Jalapeno, julienne	4 slices	
Lime	2 wedges	
Cilantro, whole leaves	1 Tbsp	

NUTRITION INFORMATION PER SERVING											
Calories	2887	Total Fat	193.1 g	Saturated Fat	30.8 g	Cholesterol	0 mg	Sodium	4871 mg	Protein	223.2 g
Total Carbohydrate	116.6 g	Dietary Fiber	35.9 g	Total Sugar	34.4 g	Vitamin D	0 mg	Calcium	1731 mg	Iron	46 mg