

ASIAN STYLE LETTUCE WRAPS

WITH TOFU & FRESH HERBS

Looking for a fresh, crunchy, light summer dinner dish?! Look no further! Matching a delicious Lettuce Wrap recipe from Transforming the Table with Napa Cabbage and fresh herbs from The Good Acre gives us these irresistible Asian Style Lettuce Wraps with Tofu and Fresh Herbs. Get your kids or dining companions involved and set out the Napa cabbage wrappers, rice noodle/tofu filling and all your toppings in separate bowls to let people fill their own!



Ingredients

- 2 teaspoons olive oil
- 1 - 14 oz package extra firm tofu
- 1 medium white onion
- 2 medium zucchini
- 1 - 8 oz can water chestnuts, drained
- 1 1/2 teaspoons garlic powder
- 1/4 cup soy sauce
- 1/4 cup honey
- 1/4 cup rice wine vinegar
- 2 cups cooked rice noodles (see tips section on back)
- 1 bunch Napa cabbage
- 1 lime
- About 6 sprigs Thai basil
- About 6 sprigs fresh mint

Equipment:

- 1 large or two smaller sheet pans

PREPARATION: 20 MIN

COOKING: 14 MIN

READY IN: 35 MIN

MAKES 6 SERVINGS

Directions

Read through entire recipe before getting started.

Wash and dry all produce.

1. Remove **tofu** from package, wrap in paper towels, and gently squeeze as much liquid as you can from the block. Next, use your hands to crumble into small pieces. Chop **onion, zucchini, and water chestnuts** into small dice. Pull off 10-12 large outer leaves from Napa **cabbage**. Cut **lime** into six wedges. Julienne **basil and mint** leaves.
2. Heat olive oil in a large skillet over medium-high heat. Add **onions, zucchini, and garlic powder** and saute for 4-5 minutes to soften and brown.
3. Add tofu and water chestnuts to skillet and mix to combine. Pour **soy sauce, honey, and rice wine vinegar** over veg/tofu mixture and stir to combine. Saute until heated through and starting to thicken, about 3-5 minutes.
4. Mix vegetables and tofu mixture with **rice noodles**. Open each cabbage leaf and place two spoonfuls of filling inside. Garnish with basil and mint.
5. Divide filled Napa cabbage wraps among plates and serve with lime wedges to squeeze over if desired. Enjoy!

Play around with your garnishes! Think roasted sesame seeds, chopped peanuts, hot sauces, green onions, etc.

Tips, Tricks, and Terms

Working with rice noodles!

Rice noodles are often used in traditional Asian dishes like pho, pad thai, and spring rolls. They're made from rice flour, water, and tapioca or cornstarch.

Cooking rice noodles can be quick and simple: place noodles in a large bowl and pour boiling water over them until they're completely submerged. Mix every few minutes to make sure they loosen up. Cook 2-3 minutes if your noodles are thin, and up to 10 if they're thicker.

Use rice noodles as the base for your next stir-fry, in soups, or in this delicious leafy wrap!

A little about...

RICE VERMICELLI: a name for thinner rice noodles. They typically take 2-3 minutes to cook.

JULIENNE: cutting technique in which food is cut into long, thin strips, similar to matchsticks.



BROWN: cooking over high heat to brown food.

SAUTE: cooking small pieces of food over a medium-high heat with oil in a pan, usually to brown.



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