

Thai Peanut Lettuce Cups



PREP TIME

5 mins

COOK TIME

7 mins

TOTAL TIME

12 mins



COURSE

Dinner, Gluten Free, Lunch



SERVINGS

2 servings

CALORIES

486 kcal

INGREDIENTS

- 3 medium Baby Carrots peeled and grated
- ¼ head red cabbage grated
- 2 heads bibb lettuce all leaves removed
- 1 c Longeve crumbles (or TVP)
- 1 c boiling water to cover
- 4 Tbsp low sodium soy sauce or tamari
- 3 Tbsp peanut butter
- 4 Tbsp PB2
- 4 Tbsp water
- 1 Tbsp rice wine vinegar
- 2 Tbsp maple syrup
- 1 Tbsp miso
- 1 tsp dried ginger (or 2 tsp fresh)
- 1 Tbsp chili garlic sauce (to taste)
- 1 Tbsp sesame oil

INSTRUCTIONS

1. Set your grated carrot and cabbage aside in separate bowls.
2. In a medium bowl, add your Longeve crumbles and top with boiling water just to cover and set aside.
3. In a magic bullet or another blender, blend soy sauce (or tamari), peanut butter, PB2, 4 Tbsp water (30ml), rice wine vinegar, maple syrup, miso, ginger, and garlic chili sauce. Blend until smooth.
4. In a large skillet, over medium-high heat, add your sesame oil.
5. Drain the remaining water off the Longeve and add your Longeve to the pan, stirring to coat with the sesame oil.
6. Add your peanut sauce and stir until well incorporated.
7. Continue to cook for about 5-6 minutes, stirring occasionally, until thickened.
8. On a large plate, arrange your lettuce, carrots, cabbage, and Longeve mixture. To eat, assemble a lettuce leaf with a little Longeve, carrot, and cabbage. Top with sriracha if you so choose and enjoy!

NUTRITION

Nutrition Facts

Thai Peanut Lettuce Cups

Amount Per Serving

Calories 486 **Calories from Fat** 198

% Daily Value*

Fat 22g **34%**

Carbohydrates 40g **13%**

Fiber 9g **38%**

Protein 32g **64%**

* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?

Let us know how it was!