

Thai Peanut Wraps

The Vegan Gym · Lunch · Dinner

662 cal · 59g protein · 53g carbs · 24g fat · 1 serving

Ingredients

- 1 large flour tortilla
- 4 oz seitan sliced
- ½ cup shredded cabbage
- ½ cup shredded carrot
- ¼ cup sliced cucumber
- ¼ cup shelled edamame
- 2 tbsp Thai peanut sauce
- fresh cilantro for garnish

Instructions

1. Slice the seitan and pan-fry in a skillet over medium-high heat for 3-4 minutes per side until browned and slightly crispy.
2. Warm the tortilla in a dry pan or microwave for 15 seconds.
3. Lay the tortilla flat and spread Thai peanut sauce across the center.
4. Layer the cooked seitan, shredded cabbage, shredded carrot, sliced cucumber, and edamame on top.
5. Garnish with fresh cilantro.
6. Roll tightly into a wrap, tucking in the sides. Slice in half to serve.

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