

Thai Peanut Tempeh Lettuce Cups

Web Recipe · Lunch · GF

380 cal · 25g protein · 28g carbs · 20g fat · 4 servings

Ingredients

- 2 packages (8 oz each) tempeh crumbled
- 1 tbsp sesame oil
- 1 tbsp soy sauce
- 1 medium red bell pepper finely diced
- 1 cup shredded carrots
- 1/2 cup edamame shelled
- 3 green onions sliced
- 12 large butter lettuce leaves
- 3 tbsp natural peanut butter
- 2 tbsp soy sauce
- 1 tbsp rice vinegar
- 1 tbsp lime juice
- 1 tbsp maple syrup
- 1 tsp sriracha
- 1 tsp fresh ginger grated
- 2 tbsp crushed peanuts

Instructions

1. Make the peanut sauce: whisk peanut butter, soy sauce, rice vinegar, lime juice, maple syrup, sriracha, and ginger until smooth. Add water to thin.
2. Heat sesame oil in a large skillet over medium-high heat.
3. Add crumbled tempeh and soy sauce. Cook 7-8 minutes, stirring, until browned.
4. Add diced bell pepper and shredded carrots. Cook 3 minutes. Add edamame and cook 2 more minutes.
5. Pour peanut sauce over the mixture and toss to coat.
6. Spoon filling into butter lettuce cups.
7. Garnish with green onions, cilantro, crushed peanuts, and lime wedges.

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