



Lettuce Wrap

Serving: 1

Veg

Ingredients

- **For The Stuffing :**
- Bean sprouts - 1 tbsp.
- Mushroom (chopped) - 2 no.
- Carrots (chopped) - $\frac{1}{2}$ small
- Cabbage (chopped) - 1 tbsp.
- Spring onions (chopped) - 2 tbsp.
- Lemon juice - $\frac{1}{2}$ tsp
- Ginger - garlic (finely chopped) - 1 tsp
- Soy sauce - $\frac{1}{2}$ tsp
- Salt to taste
- Oil - $\frac{1}{2}$ tsp.
- Dry red chilli flakes (paprika) - $\frac{1}{4}$ tsp
- Lettuce leaves - 2 no.
- Fresh basil leaves for serving (finely chopped) - 1 tbsp

Preparation Method

- **For the stuffing :**
- 1. Heat the oil in a non-stick kadhai; add the garlic, ginger and spring onions and saute on a medium flame till the onions turn translucent.
- 2. Add the mushrooms, carrots and cabbage, mix well and saute on a medium flame for 2 to 3 minutes.
- 3. Add the bean sprouts, lemon juice, soya sauce, salt and red chilli flakes and saute on a medium flame for another minute. Keep aside to cool.
- 4. Divide the stuffing into portions and keep aside.
- **How to proceed -**
- 1. Wash the lettuce leaves, dry them on a towel and keep aside.
- 2. Place a lettuce leaf on a clean, flat surface and place a portion of the stuffing along one side of the leaf. Roll it up gently and secure the roll by inserting a toothpick or tie using a spring onion green.
- 3. Serve immediately.