

Thai-Style Veggie Ground Wraps with Cucumber, Avocado, Basil & Chili



25 minutes | 2 servings

Find cookware

[chef's knife](#)
[citrus juicer \(optional\)](#)
[colander](#)
[cutting board](#)
[garlic press \(optional\)](#)
[measuring spoons](#)
[mixing bowls](#)
[nonstick skillet](#)
[stirring spoon](#)
[whisk or fork](#)

Grab ingredients

½	avocado
½ head	butter (Boston) lettuce
½	English cucumber
½ small pkg	fresh basil
2 cloves	garlic
½ small bunch	green onions (scallions)
1	lime
1	red chili pepper
1	shallot
8 oz	veggie ground, plant based
	rice vinegar
	soy sauce
	toasted sesame oil

Cook & enjoy

- 1 Wash and dry the fresh produce.
½ small bunch green onions (scallions)
1 lime
½ English cucumber
½ small pkg fresh basil
1 red chili pepper
½ avocado
½ head butter (Boston) lettuce
- 2 Peel and mince shallot and garlic; place both in a small bowl.
1 shallot
2 cloves garlic
- 3 Trim green onions and cut crosswise into thin pieces; add to the bowl with the shallot and garlic.
- 4 Juice half of the lime into the bowl. Cut remaining lime into wedges and transfer to a plate; set aside.
- 5 Add soy sauce, oil, and vinegar to the bowl; whisk to combine the dressing.
3 tbsp soy sauce
2 tbsp toasted sesame oil
2 tbsp rice vinegar
- 6 Preheat a skillet over medium-high heat.
- 7 Once the skillet is hot, add oil and swirl to coat the bottom; add veggie ground and cook, breaking it apart with a spoon, until browned and crumbly, about 5 minutes.
1 tbsp toasted sesame oil
8 oz veggie ground, plant based
- 8 Pour ⅓ of the dressing over the veggie ground and stir to combine; bring to a simmer and continue to cook until reduced, 1-2 minutes more. Remove from heat and set aside. (Reserve remaining dressing for serving.)

- 9 Meanwhile, trim and thinly slice cucumber into rounds; add to the plate with the lime wedges.
- 10 Pick basil leaves off the stems and add to the plate.
- 11 Trim and thinly slice chili pepper into rounds; add to the plate. (Be careful with chilies; do not touch your eyes and ensure you wash your hands after handling or wear gloves while preparing.)
- 12 Halve and pit avocado; cut crosswise while still in the skin, then scoop out with a spoon. Add to the plate.
- 13 Separate lettuce into leaves; divide lettuce, veggie ground, lime wedges, cucumber, basil, chili pepper, and avocado between plates. Serve with remaining dressing on the side for dipping and enjoy!