
Marinated Tofu Lettuce Wraps

Total time: 30 min Yield: 4 Servings

Ingredients

2 Tbsp peanut oil (canola or vegetable oil)
1/2 tsp sesame oil
2 Tbsp mirin
1/2 cup green onion (sliced thin)
1 Tbsp Thai basil (sliced fine)
1 1/2 Tbsp fresh ginger root (grated fine)
1 tsp wasabi oil or dried chiles (optional)
20 oz firm tofu (diced small)
1/2 cup hoisin sauce
1/4 cup oyster sauce
1 Tbsp honey
1/4 cup chili paste
1 tsp water
18 leaves butter lettuce (washed & dried)
2 1/2 oz bean sprouts
4 oz edamame (cleaned and shelled)
1 cup red bell pepper (sliced thin, length wise)
2 cup fresh cilantro
20 slices jalapeños (optional)

Prep Time: 30 min Total Time: 30 min

Instructions

In a large bowl create the marinade by combining the peanut oil, canola or vegetable oil along with the sesame oil, mirin, green onion, basil, ginger, and wasabi oil (optional). Soak the tofu in the marinade for 3 to 4 hours in the refrigerator.

Next, make the sauce by mixing the hoisin sauce, oyster sauce, honey, and chili paste together. Mix well, and if needed thin with a teaspoon of water. Try to get a smooth and slightly thick consistency. Sauce should be sweet, spicy and able to drizzle.

Begin to prep the marinated tofu. If you prefer your tofu cooked, sauté the marinated tofu in a pan on medium high heat for 2 to 3 minutes, trying not to break tofu into smaller pieces. Assemble the lettuce wraps by evenly placing the bean sprouts, edamame, bell pepper, cilantro, green onions, and jalapeños (optional) into the lettuce cups, top with a layer of the tofu and drizzle the sauce over the wrap. Serve right away or plate warm tofu on the side of lettuce cups to keep the lettuce from wilting.

Recipe brought to you by:

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