

LOVE THY CARROT

real food made with love

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VEGETARIAN RAINBOW WRAPS WITH HOME MADE HOISIN SAUCE

INGREDIENTS FOR THE STIR-FRY

Serves: 3 to 4

2 tsp sesame oil
2 cloves of garlic, minced
2 tbsp minced ginger
3-4 shiitake mushrooms, sliced
1/2 block tofu sliced into strips
2 green onions, chopped
1 -2 carrots grated
4 - 5 cups shredded cabbage (mix of green and purple)
lettuce to use for the wraps (I like to use Boston, Butter lettuce)
2 tbsp low-sodium tamari or soy sauce
sesame seeds, toasted to sprinkle on top

DIRECTIONS

1. Start by lightly toasting a big handful of sesame seeds, set aside.
2. Pour 1 tsp of the sesame oil into a large frying pan. Cook garlic and ginger until soft.
3. Add shiitake mushrooms and cook 3-4 minutes, until soft.
4. Add cabbage and carrots and cook for another 4-5 minutes or until cabbage wilts.
5. Add tofu and continue cooking for about 2 minutes
6. Stir in green onions. Add soy sauce. Cook until warmed through.
7. To serve, spread 1 tbsp Hoisin sauce over lettuce. Top with a spoonful of cabbage/tofu mixture and some sesame seeds and roll.
8. WARNING: These are messy!

INGREDIENTS FOR THE HOISIN SAUCE

4 tbsp tamari soy sauce
2 tbsp peanut butter or almond butter, (without added sugar)
1 tbsp molasses or honey
2 tbsp rice vinegar
1 clove garlic, minced
2 tsp sesame oil
1 tsp hot sauce
dash of Chinese five spice powder, (optional)
1/8 tsp black pepper

DIRECTIONS

Combine all ingredients until smooth.

COOKS NOTES

- Any leftover sauce will keep well in a jar with a tight fitting lid for two weeks in the fridge.
- This sauce is great for dipping spring rolls, tofu, or vegetable skewers.
- I just used the sauce to dip BBQ'ed skewers of tofu, pineapple, peppers and red onions.
- Thought I did not add any crispy noodles to mine next time I will for sure!