

Taiwanese Tofu Lettuce Wraps

Serves 3-4

1 cup jasmine rice, rinsed well
Kosher salt & pepper
1 oz fresh ginger, peeled, and minced (should be about 1 Tbsp)
16 oz super firm tofu, pressed, patted dry and crumbled
2 garlic cloves, peeled and minced
2 green onions, sliced thinly
¼ cup raw sunflower seeds (or your favorite nut or seed)
2 oz pitted Medjool dates (about 3 dates)
3 Tbsp mirin, Japanese Rice Wine
1 ½ Tbsp tamari or 2 Tbsp low sodium soy sauce
1 head romaine lettuce
½ oz fresh cilantro leaves, rough chopped (optional)
Avocado oil cooking spray

Directions

1. Cook jasmine rice to package directions. Season with salt, to taste.
2. Spray a skillet with avocado cooking spray, heat over medium-high heat; once hot, add the tofu, spray the top of the tofu with avocado oil spray and season with a pinch of salt and pepper. Cook until tofu is browned and crispy on one side (check one piece before flipping); flip and cook until the next side is brown; about 5 minutes. Continue to cook and flip until tofu is evenly browned and crispy to your liking. Spoon tofu onto a plate to set aside. (For more tofu, work in batches, don't crowd the pan.)
3. Place the skillet back on the stove over medium-high heat; spray with more avocado oil spray. Add garlic, minced ginger, green onion and sunflower seeds to the skillet. Stir frequently until just beginning to brown. Add the dates, mirin, tamari and ¼ cup water and cook until thickened. Add the tofu back to the skillet and toss to coat.
4. Fill the romaine leaves with some jasmine rice and some of the tofu mixture. Top with some fresh cilantro.

*Altered from Purple Carrot meal kit recipe