



Delicious Fried Tofu-Mushroom Lettuce Wrappers

Yield: 4 servings

- 4 tbsp hoisin sauce
- 4 tbsp low sodium soy sauce
- 3 tbsp rice vinegar
- 1 tbsp sesame oil
- 2 tsp canola or grape-seed or avocado oil
- 1 pck (12-14 oz) extra-firm tofu (not silken)
- 8 oz can water chestnuts, drained, finely diced
- 2 cloves garlic, minced
- 1 inch piece fresh ginger, grated (approx 2 tsp)
- ¼ tsp red pepper flakes (omit if sensitive to spice)
- 4 green onions, thinly sliced, white + green divided
- 8 large inner leaves romaine or butter lettuce
- Optional: grated carrots, red pepper flakes, hot sauce for serving

In a small bowl, stir together the hoisin, soy sauce, rice vinegar and sesame oil. Set aside.

Press the tofu between paper towels to squeeze out as much liquid as possible. Refresh paper towels and squeeze again. Crumble the tofu into approx 1 inch chunks.

Warm up the teppan cooktop on #5, then set to #8 to #8.5. When reached, heat 2 tsp oil on the hot cooking center; spread out with a spatula. Add the tofu, spread out and let it get brown on the bottom. Only then break it up into smaller pieces as it cooks. After about 5 minutes – or once lightly browned and not sticking anymore – add the diced mushrooms. Cook about 3 more minutes.

Add water chestnuts, garlic, ginger, red pepper flakes and onion whites; stir and cook just about ½ minute more.

Pour the sauce over the top of the mixture and stir to coat. Cook until the sauce is warmed through, about another minute. Switch off your teppanyaki now.

Spoon tofu mixture into individual lettuce leaves. Top with remaining green onion, grated carrots and additional red pepper flakes if desired. Enjoy immediately.



TIP: Tofu mixture can be refrigerated for 3 to 4 days. Reheat gently over medium heat. Add a splash of water or dry Sherry if it appears too dry. Try leftovers mixed with rice or scrambled eggs.

