

Lentil crumble Asian lettuce wraps

by Humane World for Animals Culinary Innovation Chefs

Serves 4

Ingredients

To prepare mushrooms

- 4 tsp canola oil
- 3 1/4 cups crimini mushrooms, sliced

For lentil crumble

- 2 tsp canola oil
- 2/3 cups yellow onions, diced small
- 2 tsp garlic cloves, peeled and minced
- 4 tsp fresh ginger, minced
- 1 1/3 cups lentils, cooked
- 3 tbsp regular soy sauce

For coleslaw

- 3 cups cabbage, coleslaw mix
- 2/3 cup red bell pepper, sliced
- 1/3 cup green onions, sliced thinly on bias
- 2/3 tsp sesame oil
- 1/3 tsp kosher salt

To plate

- 8 each bibb lettuce leaves
- 3 tbsp hoisin sauce

Instructions

For mushrooms

1. On a flat top grill heat oil over medium-high heat. Add mushrooms and cook for 4-5 minutes or until they start to caramelize on first side and then flip and cook again for another 4-5 minutes or until most of water is released and they have caramelized on second side. Remove from grill and

reserve.

For lentil crumble

1. On a flat top grill heat oil over medium-high heat. Add onions and cook for 3-5 minutes. Add garlic and ginger and cook for 1 minute. Add lentils and reserved mushrooms and cook for 4-5 minutes or until heated through. Add soy sauce and cook for 1-2 minutes or until sauce has thickened and reduced. Remove from grill and hold hot for service.

For slaw

1. In a large mixing bowl, combine coleslaw, bell pepper, green onions, sesame oil and salt and mix well. Cover and place into cooler until service.

To plate

1. Place two lettuce leaves on a plate. Add 2 ounces of lentil crumble to each lettuce leaf. Add 1 ounce slaw mixture on top of crumble. Garnish each wrap with 1 teaspoon hoisin sauce using spoon or squeeze bottle.

Notes

**The nutrition information is an estimate based on general ingredients. These amounts will vary based on the products you are using.*

Nutrition

Serving: 9.11oz | Calories: 219kcal | Carbohydrates: 28g | Protein: 10g | Fat: 9g | Saturated Fat: 1g | Sodium: 1049mg | Fiber: 8g | Sugar: 7g