



# CRISPY TOFU LETTUCE WRAPS WITH SWEET POTATO WEDGES

SERVES 2 OR 4

TIME: 45 MIN

CALORIES: 460/SERVING



Crispy spicy tofu gets wrapped up in fresh lettuce and topped with crunchy cucumber and a squeeze of fresh lime juice. Paired with perfectly caramelized sweet potato wedges, this meal is super easy to make and will satisfy so many cravings.

## WHAT YOU'LL NEED

- Baking sheet
- Silicone baking mat (optional)
- Large pan
- Oil
- Salt
- Pepper





OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!

WHAT'S INSIDE

	2 servings	4 servings
Sweet potato	1	2
Lime	1	1
Chili powder	1 tsp	2 tsp
Garlic	3 cloves	6 cloves
Green onions	3	6
Tofu	350 g	700 g
Romaine lettuce	1 head	2 heads
Baby cucumbers	2	4
Sauce	1/3 cup	2/3 cup

**Nutrition Facts**  
**Valeur nutritive**

Per Serving (291 g)  
pour 1 (291 g)

<b>Calories 460</b>	<b>% Daily Value*</b>
<b>Fat / Lipides 25 g</b>	<b>% valeur quotidienne*</b>
Saturated / saturés 4.0 g	20 %
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides 40 g</b>	
Fibre / Fibres 8 g	29 %
Sugars / Sucres 16 g	16 %
<b>Protein / Protéines 26 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	<b>0 %</b>
<b>Sodium 1240 mg</b>	<b>54 %</b>
Potassium 1200 mg	26 %
Calcium 700 mg	54 %
Iron / Fer 6.5 mg	36 %

\*5% or less is a little 15% or more is a lot  
\*5% ou moins c'est peu 15% ou plus c'est beaucoup



Preheat the oven to 400°F. Cut the **potato** into wedges and toss in 1 tbsp of **oil** (2 tbsp for 4 servings), **chili powder (optional)**, **juice of half the lime**, and **salt** and **pepper**. Spread on a baking sheet lined with a silicone baking mat or lightly greased and bake for 35-40 minutes, flipping halfway.



Meanwhile, prep remaining ingredients: Mince the **garlic**, cut the **remaining lime** into wedges, crumble the **tofu** with a fork, separate the **lettuce leaves**, and thinly slice the **cucumbers** and **green onion**.



In a large skillet, heat 1 tbsp of **oil** (2 tbsp for 4 servings) over medium heat. Add the **green onions** (reserve some for garnish) and the **garlic**. Sauté for 3 minutes. Add the **tofu** and cook until crispy, 5-7 minutes. Add the **sauce** and cook for another 2 minutes, until reduced and sticky.



Scoop the **crispy tofu** into the lettuce and top with **cucumbers** and **remaining green onions**. Serve with **roasted sweet potato wedges** and **lime wedges** on the side.