



Vegetarian Lettuce Wrap

Recipe makes:

1 portion

Preparation time:

10 minutes

Cooking time:

4 minutes

Nutritional Information

1 Portion

Energy	144kcal
Carbohydrates of which sugars	4.9g 2.1g
Protein	7.0g
Fat	10.7g

Ingredients:

- Spray oil
- 56g slice of firm Tofu
- 1 large outer leaf of Romaine lettuce
- 3 slices cucumber
- 2 medium slices of tomato
- 6 baby spinach leaves
- 1 tbsp hummus
- 1 tbsp cress

Method:

1. Wash, dry and prepare lettuce, cucumber, tomato, spinach leaves and cress.
2. Heat a non-stick pan to medium heat and spray lightly with oil.
3. Place the firm Tofu slice carefully on the pan and sear about 2 minutes on each side.
4. Remove the pan from the heat and let the Tofu cool before cutting into cubes or strips
5. Place the lettuce leaf on a plate and fill with Tofu, cucumber, tomato and spinach leaves.
6. Spoon hummus on top and sprinkle with the cress.
7. Fold or roll the filled lettuce leaf into a wrap.

Chef's Tips:

- Squeeze fresh lemon juice on the filling before rolling into a wrap.
- When buying Tofu, ensure it is firm as soft silken Tofu is not suitable for this recipe.

This recipe has been specifically designed for the dietary management of Glycogen Storage Disease. Refer to labels for allergen and other product information.



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