

DINNERLY



Teriyaki Veggie Wraps

with Tofu & Peppers



20-30min



2 Servings

Crunch, crunch! That's the sound we're happily making as we bite into these lettuce wraps stuffed with broiled tofu, bell peppers, and peanuts, all drizzled with an umami-rich teriyaki sauce. We've got you covered!

WHAT WE SEND

- 14 oz pkg extra-firm tofu ⁶
- 1 bell pepper
- 1 oz pkt salted peanuts ⁵
- 2 little gem lettuce
- ½ oz pkt tamari ⁶
- 1 pkt teriyaki sauce ^{1,6}

WHAT YOU NEED

- neutral oil
- kosher salt & ground pepper

TOOLS

- rimmed baking sheet

ALLERGENS

Wheat (1), Peanuts (5), Soy (6). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 570kcal, Fat 43g, Carbs 20g, Proteins 30g



1. Prep ingredients

Drain **tofu**, then tear into ½-inch pieces; transfer to a paper towel-lined plate and pat dry.

Halve **pepper**, discard stem and seeds, then cut into ½-inch pieces.

Finely chop **peanuts** (or use a rolling pin or meat mallet to crush them in a bag).



2. Broil tofu

Preheat broiler with a rack 6 inches from heat source.

On a rimmed baking sheet, toss **tofu** with 2 **tablespoons oil**; season with **salt** and **pepper**. Broil on top oven rack until golden and firm enough to lift with spatula, 5–10 minutes (watch closely as broilers vary).



3. Add peppers

Push **tofu** to one side of baking sheet, keeping in a single layer. Add **peppers** to open side; drizzle with 1½ **tablespoons oil**, then season with **salt** and **pepper**. Broil until tofu is browned and peppers are browned in spots and slightly tender, about 5 minutes more (watch closely).



4. Prep lettuce & sauce

Pull apart **lettuce leaves**, then rinse and pat dry.

In a small bowl, whisk together **all of the tamari and teriyaki sauce**.



5. Assemble & serve

Spoon **tofu** and **peppers** into **lettuce leaves**.

Drizzle **sauce** over **veggie wraps** and sprinkle with **peanuts**. Enjoy!



6. Carb it up

To make these veggie wraps even more filling, add a scoop of brown rice!