

Lettuce Wraps

Serves 4

Ingredients

1/2 cup hemp seed
1/2 cup lemon juice
1 1/2 tablespoon chopped ginger
1/2 tablespoon red chili
1 tablespoon Braggs liquid aminos
1 cup raw almond butter
1/2 head savoy cabbage, shredded
6 very large wild spinach leaves
1 carrot
1 ripe mango
1 handful cilantro leaves
1 handful torn basil leaves
himalaya sea salt



Directions

Cut the carrot into in to matchstick-size pieces. Cut the Mango lengthwise into strips, about 1/4 inch (1 cm) thick.

In a Vita-Mix or high-speed blender, puree the honey, lemon juice, ginger, red chile, and soy sauce. Add the almond butter and blend at low speed to combine. You should get a rather thick consistency. (You may add water if it needs to be thinner)

In a bowl, mix the almond butter dressing with the cabbage. The best and easiest way is to do this with you hands or a large wooden spoon.

Now you need to roll the cabbage with dressing into a "lettuce" wrap. This is kind of tricky. Place the spinach leaf on a cutting board with the underside facing up. Then you put some of the cabbage mix on the leaf. Add some hemp seeds, a few sticks of carrot, a few pieces of mango, and a few leafs of cilantro and, basil.

Try to roll up and the spinach leaf, you might need to stick a cocktail stick in it to hold. Do this for all the other spinach leafs until the ingredients are gone.

Tip

This is my absolute favorite lunch dish. It's an adapted and simplified version of Pure Food & Wine's "Thai Lettuce Wraps". If you ever go to NY, I highly recommend you try them in this restaurant. If you bring this dish to a lunch or potluck, you'll be wowed!

As an alternative to putting the wraps together yourself, it's actually quite fun to let your guests put the wrap together themselves. This will save you time and it adds to social special atmosphere of your dinner

If you live in the US, you can also use collard greens instead of the spinach leafs, But I haven't found them in the Netherlands yet