

nutritious habits

Lighting Fast Asian Lettuce Wraps

Hardly any prep when you use Trader Joe's Cruciferous Crunch: fresh pre-shredded kale, brussels, broccoli and cabbage. Most grocery stores carry a version of this veggie mix in the bagged salad area. Make sure everything is prepped before you start cooking! Serves 4-5.

Ingredients:

1 lb ground pork	1 bag Trader Joe's Cruciferous Crunch
½ thumb fresh ginger, grated	12 cremini or shiitake mushrooms, sliced
2 large garlic cloves, grated	3 scallions, sliced or equivalent chives
IT sesame oil	4T hoisin sauce
2T soy sauce	2 heads Boston (bibb) lettuce leaves
½ tsp kosher salt	2T peanut oil, divided
½ tsp ground pepper, preferably white	Sriracha, for serving

Method:

- Lightly mix ground pork with grated ginger & garlic, sesame oil, soy sauce, kosher salt and pepper to marinate while you prep the other ingredients.
- Trim bottoms and thinly slice the mushrooms and scallions or chives.
- Remove lettuce cores, then wash and spin the leaves. Arrange on a serving plate.
- Preheat a nonstick wok or skillet on medium high.
- Add 1T peanut oil, spread around and heat until shimmering
- Add the pork mixture and break it up a bit but leave it alone to brown. Stir and break up a couple more times until the pinkness is gone. Remove to a bowl.
- Add the other 1T peanut oil, spread and heat until shimmering.
- Add mushrooms and ½ tsp kosher salt. Stir fry 1-2 minutes until some of the water evaporates, then add the cruciferous crunch mixture and scallions. Stir fry one minute.
- Add pork back to wok and add hoisin sauce, heat through. Check seasoning and add more salt if needed.
- Serve the pork mixture alongside lettuce leaves and Sriracha sauce and allow people to build their own wraps. Works best when your wrap is a few leaves stacked together as bibb lettuce is delicate.