



VeggUP Tofu Wraps

Substitute your protein of choice for the Tofu

Ingredients

- 340 gms Tofu - Extra Firm, drained
- 3 Carrots - medium, julienned
- 1-½ Cups Sweet Green Pepper, julienned
- 1-½ Cups Sweet Red Pepper, julienned
- 2 Stalks Green Onions, julienned
- 1 Onion large, sliced
- 4 Garlic Cloves, sliced
- 2 Tbls Extra Virgin Olive Oil
- 2 Tbls Tamari Sauce, gluten-free
- 1 Tbls Paprika
- 1 Tsp Chilli Powder
- ¼ Tsp Salt and Pepper *(optional)*
- 1 Sprig Thyme, finely chopped
- 1 Sprig Basil, finely chopped
- 1 Sprig Marjoram, finely chopped
- 6-8 Vegetable Wraps or Tortilla *(your choice)*
- VeggUP Condiment



Directions

Time for Tofu

- The night before or a few hours before starting
- Remove Tofu from package, wrap in apx 4 sheets of paper towels or a clean tea towel, place Tofu on a plate and put another plate on top with some weight. Place in refrigerator to drain
- When ready to prepare dish, remove towel, gently squeeze Tofu to ensure all excess moisture is removed, blot again with towel, as necessary
- Cut the Tofu in 4 inch strips
- Sprinkle with paprika and chili and set aside

Time for Veggies

- Heat large fry pan or skillet over medium-high heat, add 2 Tbls extra virgin olive oil
- Sauté onions and garlic 2 - 3 minutes and season with salt and pepper, if using
- Add carrots, followed by the peppers
- Add Tamari sauce and continue cooking for 2 - 3 minutes
- Add Tofu and sauté for an additional 5 minutes
- Finish with addition of fresh thyme, marjoram and basil

It's a Wrap

- If your vegetables were prepared ahead of time, reheat at this point
- To make your wraps, spread a dollop of VeggUP on the wrap,
- Place a serving of the stir-fry in the middle of your wrap
- Fold the right of the wrap over the stir-fry
- Spread a tablespoon of VeggUP on the right side of the wrap
- Fold the bottom up and roll from there
- Serve with a dollop of VeggUP on the side, if desired