



Brown rice with peanut sauce

Ingredients

For the Lettuce Wraps:

- Olive oil, for cooking
- 1 (14-ounce) block extra-firm tofu, lightly pressed and crumbled
- About 2 cups cooked brown rice, quinoa, or other grains (pre-cooked packages work great for ease)
- Butter lettuce or leaf lettuce, for wrapping
- Spicy mayo (see notes below)
- Chopped peanuts or crispy fried onions, for topping

For the Peanut Sauce:

- ½ cup teriyaki sauce
- Juice of 1 orange
- ¼ cup peanut butter
- A squirt of Sriracha or other chili sauce (optional, for heat)

Optional: For a richer flavor, try a homemade peanut sauce if you have extra time.

Instructions

Step 1: Cook the tofu

Heat a splash of olive oil in a nonstick skillet over medium-high heat. Add the crumbled tofu and cook, stirring occasionally, until it's lightly browned.

Step 2: Prepare the sauce

While the tofu cooks, whisk together the teriyaki sauce, orange juice, peanut butter, and Sriracha (if using) in a small bowl.

Step 3: Combine rice and sauce

Add the cooked rice and most of the peanut sauce to the skillet. Sauté everything together for about 5 minutes, allowing some of the mixture to brown slightly and caramelize. Taste and season with salt as needed.

Step 4: Assemble and serve

Spoon the tofu and rice mixture into individual lettuce leaves. Top with a crunchy element—chopped peanuts or crispy onions—and a dollop of spicy mayo. Drizzle with a bit of the remaining peanut sauce and enjoy!

