Caribbean Lettuce Wraps

Seasoned green pea & green banana "crumble" with shredded carrots, jicama, and a hint of jerk spice, served in large lettuce cups with a pineapple salsa.

Recipe



Difficulty: ●●○○○
Portions: 4
Prep Time: 25 minutes

Ingredients:

- 2 tbsp olive oil
- 2 cups (approx. 8 oz) Green Garden Delight crumble
- 1 tsp jerk seasoning
- 1/2 tsp garlic powder
- 1/4 cup vegetable broth (optional)
- 1 head butter lettuce or iceberg lettuce, leaves separated
- 1 large carrot, shredded
- 1 cup jicama, peeled and cut into thin matchsticks

For Pineapple Salsa:

- 1 cup fresh pineapple, finely diced
- 1/4 red onion, finely minced
- 1/4 cup chopped fresh cilantro
- 1 jalapeño, deseeded and minced (optional)
- 1 tbsp lime juice
- Salt to taste



Lets Cook!

Prepare Pineapple Salsa:
Combine all salsa ingredients. Stir and set aside.

Saute Crumble:
Heat olive oil in skillet. Add Green Garden Delight crumble, jerk seasoning, and garlic powder. Cook 7-10 minutes, breaking up. Add broth if dry.

Prepare Veggies:
Arrange lettuce cups, shredded carrots, and jicama on a platter.

Assemble Wraps:
Spoon seasoned crumble into lettuce cups. Top with carrots, jicama, and pineapple salsa.

Serve: Serve immediately!

Pro Tip:

To get perfectly thin jicama matchsticks, use a mandoline slicer or a julienne peeler. This adds a lovely crunch and uniform texture.

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Cook It With:
Green Garden Delight
Green Peas & Green Plantain

