

Shredded Tofu Wraps

25–30 Min

Ingredients 2 Portions

= Kotányi Produkte

200 g	Firm tofu
2 tbsp	Cool Chick
1 tbsp	Olive oil
1	A small carrot, coarsely grated
1	Small red peppers, cut into thin strips
2	Spring onions, finely sliced into rings
100 g	Cherry tomatoes, halved
4	Large tortilla wraps, vegan
2	Handful of fresh spinach (or arugula or lettuce)
100 g	Plant-based yoghurt (e.g. soya- or almond-based)
1 tsp	Lemon juice
1	A small clove of garlic, finely chopped (optional)

Preparation

1 Preparing the tofu:
Crumble the firm tofu finely with your hands or a fork until it has the consistency of 'shredded meat'.
Mix the crumbled tofu thoroughly with Kotányi Cool Chick in a bowl.

2 Frying the tofu:
Heat a frying pan, add the olive oil and fry the seasoned tofu over a medium heat for 6–8 minutes, until it is golden brown and slightly crispy.

3 Prepare the vegetables:
Wash and chop the carrots, peppers, spring onions and cherry tomatoes.
Set the fresh vegetables aside.

4 To make the sauce:
Mix the plant-based yoghurt with lemon juice and (optional) chopped garlic.

5 Filling the wraps:
Spread a spoonful of the yoghurt sauce onto each tortilla wrap.
Scatter a handful of spinach or lettuce on top.
Arrange the fried tofu and fresh vegetables (carrots, peppers, cherry tomatoes) evenly on top.

6 Folding the wraps:
Fold the sides of the wraps in slightly, then roll them up tightly.
Optional: Toast them in a hot frying pan or on a contact grill for 1–2 minutes to make the outside of the wraps slightly crispy.

7 To serve:
Cut the wraps in half and arrange them on a plate.

HINT: Shredded tofu is also perfect as a base for burrito bowls or in a Buddha bowl.