



Prep 20 min Cook 5 min Ready in 25 min Servings 5

Thai Peanut Wraps

Make lunch fun again with these crunchy Thai Peanut Wraps!

Ingredients

2 tbsp	Rice vinegar
1 tbsp	Soy sauce, tamari
1 tbsp	Lime juice (fresh)
1 tbsp	Honey (or maple syrup)
1 tsp	Garlic (minced)
1/4 cup	Peanut butter, smooth
1/2 tsp	Salt
1/2 tsp	Red pepper flakes (crushed; optional)
4 cup	Red cabbage (shredded)
1 1/2 cup grated	Carrots
1 medium pepper(s)	Red bell pepper (thinly sliced)
1 cup	Edamame (soybeans), cooked (shelled)
1/2 cup	Cilantro (coriander) (fresh; chopped)
1/2 cup	Green onion (chopped)
1/2 cup	Peanuts (honey-roasted)
10 medium tortilla(s)	Tortilla, corn (or other gluten-free alternative)

Instructions

1. In a small mixing bowl, add the rice vinegar, soy sauce, lime juice, honey, and garlic. Whisk until well combined.
2. Add the peanut butter, salt, and red pepper flakes. Whisk until smooth.
3. In a large bowl, combine the shredded cabbage and carrots, red bell pepper, cooked and shelled edamame, green onions, cilantro, and peanuts. Toss until well combined.
4. Spoon the vegetable mixture down the centre of the wrap.
5. Drizzle Peanut Sauce over top and then fold in the ends and roll up the wraps. Cut in half before serving and enjoy!