

# Orange Peel Crispy Tofu Lettuce Wraps

Yield: 4 min  
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/vegetable-fried-noodles-recipe-indian-style>

## Ingredients:

- 1/2 cup vegetable stock
- 2 tablespoons juice an Orange
- 1 tablespoon orange zest
- 2 tablespoons hoisin sauce be sure it's vegan - some brands are not
- 1 tablespoon low sodium soy sauce
- 2 teaspoons rice vinegar
- 1 teaspoon cornstarch
- noodles
- udon noodles or Fettucine, if you can't find it
- tofu
- 12 ounces extra firm tofu drained, pressed dry, cubed and baked
- vegetables
- broccoli florets par cooked
- carrots par cooked
- veggies Other, your choosing
- butter or Boston Lettuce leaves
- red pepper flakes if desired, optional
- orange zest

## Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 29 grams
3. Cholesterol: 30 milligrams
4. Fat: 16 grams
5. Fiber: 6 grams
6. Protein: 18 grams
7. SaturatedFat: 5 grams

8. Sodium: 470 milligrams
  9. Sugar: 5 grams
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