

PREPARATION: 10 MINUTES

MARINATE: 1 HOUR

# SESAME TOFU WRAP

## INGREDIENTS

1 block (454g) extra firm tofu, drained

### **Marinade**

½ cup rice vinegar

1 tablespoon olive oil

1 garlic clove, minced

1 tablespoon fresh ginger, grated

### **Mayonnaise\***

¼ cup pasteurized whole eggs

1 tablespoon rice vinegar

1 teaspoon Dijon mustard

2 tablespoons sesame oil

1 cup canola oil

1 egg

½ cup panko breadcrumbs

1 tablespoon sesame seeds

1 tablespoon dried basil

1 tablespoon olive oil

6 small wheat tortillas (8-inch diameter)

1 ½ cups shredded lettuce



\* It can be kept in the fridge for 1 week

## PREPARATION

- 1 In a sealable container, mix all marinade ingredients. Season with black pepper to taste. Cut the tofu into 12 strips and add them to the marinade. Turn them so they are covered with the marinade. Close the container and keep in the fridge for a minimum of 1 hour or overnight.
- 2 In a bowl, prepare the sesame mayonnaise. With the help of an electric mixer, beat pasteurized eggs, vinegar and mustard. Add the sesame and canola oil gradually while whisking. Place the dressing in the fridge.
- 3 In a shallow bowl, beat the egg. In another bowl, combine the breadcrumbs, sesame seeds, and basil.
- 4 In a non-stick frying pan, heat oil over medium heat. Dip each tofu strip first into the beaten eggs and then into the breadcrumbs. Fry the breaded tofu strips for 1–2 minutes on each side.
- 5 Fill each tortilla with 2 strips of fried tofu, lettuce and 1–2 tablespoons of sesame mayonnaise.

### Nutrient Analysis

#### PER SERVING:

⅓ of recipe (with 1 tbsp mayonnaise)

#### RENAL EXCHANGE:

2 Protein + 2 Starch

Calories	418 Kcal
Protein	13 g
Carbohydrates	35 g
Fibre	3 g
Total Fat	25 g
Saturated Fat	4 g
Cholesterol	42 mg
Sodium	276 mg
Potassium	243 mg
Phosphorus	186 mg