

Vietnamese noodle wrap (PHOritto)

Amy Symington

Preparation Time: 20-25 minutes

Cooking Time: 15-20 minutes

Ingredients

6 servings

3 tbsp (45 ml) tamari, divided
 2 tbsp (30 ml) sesame oil, divided
 ¾ tsp (4 ml) ground cinnamon
 ¾ tsp (4 ml) ginger, ground
 ¾ tsp (4 ml) garlic powder
 3 cups (175 g) stemmed and thinly sliced mushrooms
 3 tbsp (45 ml) maple syrup
 3 tbsp (45 ml) rice wine vinegar
 2 tsp (2 g) lime zest
 4 tsp (20 ml) lime juice, approximately 1 lime
 350 g firm tofu, cut into long ½-inch thick strips
 ½ tsp black pepper
 6 10-inch whole wheat wraps

Garnish

150 g brown rice noodles, cooked
 ¾ cup (45 g) thinly sliced savoy cabbage
 ¾ cup (60 g) thinly sliced red cabbage
 ½ cup (50 g) grated carrots
 3 (5 g) sprigs cilantro, stemmed
 2 sprigs (10 g) basil, stemmed
 2 sprigs (30 g) green onions, thinly sliced

Hot sauce of your choice (optional)

Directions

1. Cook brown rice noodles as per package directions. Toss in a third of each the tamari and sesame oil. Set aside until ready to use.

24 servings

¾ cup (180 ml) tamari, divided
 ½ cup (125 ml) sesame oil, divided
 1 tbsp (15 ml) ground cinnamon
 1 tbsp (15 ml) ginger, ground
 1 tbsp (15 ml) garlic powder
 12 cups (700 g) stemmed and thinly sliced mushrooms
 ¾ cup (180 ml) maple syrup
 ¾ cup (180 ml) rice wine vinegar
 2½ tbsp (10 g) lime zest
 1/3 cup (80 ml) lime juice, approximately 4 limes
 1.4 kg firm tofu, cut into long ½-inch thick strips
 1½ tsp (3 g) black pepper
 24 10-inch whole wheat wraps

Garnish

600g brown rice noodles, cooked
 3 cups (130 g) thinly sliced savoy cabbage
 3 cups (210 g) thinly sliced red cabbage
 2 cups (240 g) grated carrots
 12 (15 g) sprigs cilantro, stemmed
 8 sprigs (30 g) basil, stemmed
 8 sprigs (120 g) green onions, thinly sliced

Hot sauce of your choice (optional)

2. In a small bowl, combine the cinnamon, ground ginger, and garlic powder.
3. In a medium bowl, combine maple syrup, rice wine vinegar, tamari, lime zest and juice. Set aside until ready to use.
4. In a large sauté pan over medium heat, add the remaining sesame oil. Once heated, add tofu to brown, about 4 minutes. Flip and brown other side, about 4 minutes.
5. Next, sprinkle the spice mixture over tofu and sauté until fragrant, about 1 minute.
6. Stir in mushrooms and sauté with tofu until brown, about 3 minutes (7 minutes for 24 servings).
7. Add the prepared sauce to coat tofu and mushrooms. Season with pepper and remove from heat.
8. Store tofu and mushroom mixture separately from garnishes.

To assemble:

Take 1 whole wheat wrap and assemble according to the following quantities:

- $\frac{3}{4}$ cup (85 g) noodles
- $\frac{3}{4}$ cup (105 g) tofu-mushroom mixture
- $\frac{1}{4}$ cup (15 g) red cabbage
- 2 tbsp (10 g) savoy cabbage
- $\frac{1}{4}$ cup (15 g) carrots
- 1 tbsp (7 g) green onions
- 5 leaves cilantro
- 4 leaves basil

Tips:

- 1) Slightly warm the wrap on a dry pan to make folding easier.

Nutritional Information

Nutrition Facts	
Valeur nutritive	
Per 1 wrap (233 g)	
par 1 roulé (233 g)	
Calories 300	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 9 g	12 %
Saturated / saturés 1 g	5 %
+ Trans / trans 0 g	
Omega-3 / oméga-3 0 g	
Carbohydrate / Glucides 47 g	
Fibre / Fibres 5 g	18 %
Sugars / Sucres 9 g	9 %
Protein / Protéines 13 g	
Cholesterol / Cholestérol 0 mg	
Sodium 450 mg	20 %
Potassium 250 mg	5 %
Calcium 175 mg	13 %
Iron / Fer 2.5 mg	14 %
Vitamin A / Vitamine A 100 mcg	11 %
Vitamin C / Vitamine C 12 mg	13 %
Vitamin E / Vitamine E 0.2 mg	1 %
*5% or less is a little , 15% or more is a lot	
*5% ou moins c'est peu , 15% ou plus c'est beaucoup	

Intro: Now you can easily transport your favourite Vietnamese noodle soup's sweet, spicy and complex flavours in a neat and tidy wrap. This mouth-watering make ahead meal is ideal for sharing at your next office luncheon or as a fabulous, fuss free option for that quick on the go dinner. In addition to seeming like an indulgent treat, it contains a plethora of functional foods including cruciferous, orange and leafy green vegetables.

Symbols: high source of fibre, good for bowel motility, nausea and fatigue, high protein, kid friendly, good for all seasons, nut free, make ahead meals

Functional foods present: allium vegetables (garlic, onions), cruciferous vegetables (cabbage), leafy greens (cilantro, basil), orange vegetables (carrots), whole grains (wrap and brown rice noodles), soy, spices

Examples of phytonutrients and anti-oxidants present: allicin (onions, garlic), polyphenols (whole grains, red cabbage), carotenoids (orange vegetables), flavonoids (cruciferous vegetables)

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Chef Amy Symington is Gilda's Club Toronto's Nutrition Coordinator and a George Brown College Chef. All author proceeds from The Long Table Cookbook are being donated to Gilda's Club Greater Toronto to support their important social, emotional and nutritional programming.

“In the nutrition world, it is becoming more and more apparent that we do, in fact, have a say in how our health turns out. Sound nutrition, which includes whole, plant-based foods, is more important than is sometimes credited by your average healthcare institution. Supplying the general population with the practical tools to steer themselves and their loved ones toward optimal health is what I strive for every day of my wonderful existence. My aim is to inspire.”

– Amy Symington