



Recipe Details

Recipe Name - Hawaiian Veggie Pork lettuce Wraps

Recipe Steps -

Ingredients

- 2 cups brown rice
- 1 (20 oz) can green Jackfruit, drained and rinsed well
- 1 medium onion, chopped into bite-size pieces
- 2 colored bell peppers, chopped into bite-size pieces
- 3 Tbs green onion, chopped
- 1 1/4 cup pineapple, diced
- 1 heaping Tbsp minced garlic
- 1 Tbsp minced ginger
- 1/4 cup date paste
- 1 tsp garlic powder
- 3 cups water
- Lettuce of your choice (bibb, romaine, etc.)
- Teriyaki or sauce of your choice for drizzling

Instructions

Instructions for date paste

- 1) boil 1 cup water, place 6 pitted Medjool dates or 10 pitted deglet dates in boiling water
- 2) Place the lid onto, remove from heat, and let stand 10 minutes
- 3) Blend everything together in a blender or bullet until smooth

Instructions for wraps

- 1) Place all ingredients in an instant pot, and combine
- 2) Cook on high pressure for 20 minutes, slow release for 10 minutes
- 3) Fluff mixture
- 4) Place on lettuce wraps of your choice or in a bowl, drizzling with the sauce of choice
- 5) Enjoy!

