

# **Oriental Lettuce Wraps**

## **Author: Medifast**

**Prep Time:** 15 mins (+15 mins marinating time)

**Cooking Time:** 10 mins

### **Ingredients**

5 oz. lean ground pork tenderloin  
3 rehydrated dried shitake mushrooms  
1 tablespoon canola oil  
1 tablespoon rice wine flour  
1 tablespoon low sodium soy sauce  
2 slices minced ginger  
2 cloves of garlic  
1 tablespoon fish sauce (found in Asian food stores)  
3 lettuce leaves  
1/2 cup mung bean sprouts

### **Method**

Marinate pork with rice wine vinegar, soy sauce, fish sauce for about 15 minutes. Saute ginger and garlic with canola oil. Add meat and sauté until cooked completely.

Wrap meat, sprouts and mushrooms in lettuce leaf.

### **Nutrition Info.**

Cal 390 | Fat 21g | Chol 95mg | Carb 17g | Pro 36g

This recipe makes 1 serving.