

Asian-Inspired Broccoli Butter Lettuce Wraps

A low-carb Asian snack featuring tender broccoli sautéed in butter with savory seasonings, served in crisp lettuce leaves as a bread alternative. This light and flavorful snack is quick to prepare and perfect for a healthy bite.



Snack

Asian

15 min

Total time

Easy

Difficulty

180

kcal / serving

Ingredients

- 4 large lettuce leaves (e.g., butter or romaine lettuce)
- 100g broccoli florets
- 1 tablespoon unsalted butter
- 1 teaspoon soy sauce (or tamari for gluten-free)
- 1/2 teaspoon toasted sesame oil
- 1 garlic clove, minced
- 1/2 teaspoon grated ginger
- Salt and pepper to taste
- Optional: sesame seeds for garnish

Steps

- 1 Wash and pat dry the lettuce leaves; set aside.
- 2 Chop broccoli florets into small bite-sized pieces.
- 3 Heat butter in a pan over medium heat.
- 4 Add minced garlic and grated ginger; sauté for 30 seconds until fragrant.
- 5 Add broccoli to the pan and stir-fry for 4-5 minutes until tender but still crisp.
- 6 Season with soy sauce, toasted sesame oil, salt, and pepper; mix well.
- 7 Remove from heat and spoon the broccoli mixture evenly onto the lettuce leaves.
- 8 Garnish with sesame seeds if desired.
- 9 Fold the lettuce leaves and enjoy immediately as a fresh, low-carb snack.