Fried Chix’n Wraps

Vegan Recipe by AfroVegan Society

Makes 4 Servings | Ready in 30 minutes

Cooking Supplies Needed

- Cutting board
- Knife
- 1 cup measuring cup
- ½ cup measuring cup
- 1 teaspoon measuring teaspoon
- ½ teaspoon measuring teaspoon
- Oven
- Baking Sheet
- Parchment Paper
- Shallow medium-size mixing bowl

- Small mixing bowl
- Spatula or tongs (to flip the tofu when in the oven)
- Oven mitt (always wear when handling anything hot from the oven)
- Stovetop (optional)
- Skillet/Pan (optional)

Ingredients

Chix'n Filling

- 1 block Extra-firm tofu, sliced into strips
- 1 cup Cornmeal
- Seasonings:
    - garlic powder
    - onion powder
    - smoked paprika
    - cayenne pepper
    - salt
    - black pepper

Wraps and Toppings

- 4 large Tortilla wraps
- 8 large leaves Romaine lettuce, shredded
- 2 medium Tomatoes, sliced
- ½ cup Shredded Vegan Cheese (optional)

Creamy Spicy Sauce

- ⅓ cup vegan mayo
- 1-2 teaspoons hot sauce, to taste
- garlic powder
- paprika

Preparation

Prepare the Tofu

1. Preheat your oven to 400°F (200°C).

2. Line a baking sheet with parchment paper.
3. Slice the pressed tofu into strips and set aside.
4. Get out your shallow medium-size bowl.
5. In the shallow medium size bowl, add 1 cup cornmeal.
6. Add 1 teaspoon garlic powder to the bowl.
7. Add 1 teaspoon onion powder to the bowl.
8. Add 1/2 teaspoon smoked paprika to the bowl.
9. Add a pinch of cayenne pepper to the bowl. This means what small amount will fit between your thumb and pointer finger when you pinch them together. **IF you do not like spicy food,** you can leave the cayenne pepper out.
10. Add a pinch of salt to the bowl.
11. Add a pinch of black pepper to the bowl.
12. Mix all the dry ingredients in your bowl together.
13. Take your already cut tofu strips and place them in the seasoned cornmeal mix. Make sure you let each side of tofu sit in the mixture to evenly coat the tofu.
14. Place the coated tofu strips on the prepared baking sheet.
15. Use your oven mitt to put the baking sheet with the tofu on it into the oven.
16. Set a timer for 10 minutes.
17. When this timer goes off, you will need to user your oven mitt and tongs/spatula to flip the tofu strips over so they can bake evenly on both sides.
18. Set a timer for 10 minutes.
19. When the timer goes off, your tofu strips will be crispy and golden.
20. Use your oven mitt to take the baking sheet out of the oven and set it on the stovetop to cool.
21. Turn off the oven.

Make the Creamy Spicy Sauce

1. Get out your small bowl.
2. In your small bowl, add the ½ cup vegan mayo
3. Add 1-2 teaspoons of hot sauce to the bowl. The amount you add depends on how spicy you want the sauce to be. If you want no spice, do not add any. If you want a little spice, add 1 teaspoon. If you want more spice, add 2 teaspoons.
4. Add a pinch of garlic powder to the bowl.
5. Add a pinch of paprika to the bowl.
6. Mix the ingredients together in the bowl.

7. Taste the sauce and see if it tastes how you want it to.
8. If you think it needs more seasoning, add another pinch of garlic and pinch of paprika. Or if you want it spicier, add another teaspoon of hot sauce.
9. Set this bowl of sauce to the side, you will use it after putting the wraps together.

Assemble the Wraps

1. Using your cutting board and knife, cut a tomato into slices.
2. If you bought whole lettuce leaves, you could cut them into small pieces or rip them into small pieces. If you bought shredded lettuce, your lettuce is ready to put in your wrap.
3. Get out your tortillas and lay one flat on a plate.
4. Using a spoon, spread 1–2 spoonful's of the creamy spicy sauce from your small bowl onto the middle of your tortilla.
5. Add shredded lettuce to your wrap. Tip: do not add more than a handful or it will be hard to close your wrap.
6. Add a few slices of tomato to your wrap. Tip: if you do not like tomatoes or are allergic, you do not need to add them.
7. Add a slice of vegan cheese to your wrap.
8. Add 2-3 pieces of the baked tofu to your wrap.
9. Now you are ready to fold your wrap! Told the tortilla into a wrap: fold the bottom up, then fold the sides inward.

Optional Step: Toast the Wraps

1. If you want to heat your wrap up, you will turn on your stovetop burner to medium heat (usually 4-5).
2. Place a skillet or pan on the burner you have turned on.
3. Place your wrap in the skillet or pan and toast for 1-2 minutes.
4. Set a time for 1-2 minutes.
5. When the timer goes off, use a spatula to flip your wrap over so it can toast on the other side.
6. Set a timer for 1-2 minutes.
7. When the timer goes off, your wrap is ready.
8. Remove your wrap from the skillet or pan and place on a plate.
9. Turn off your stovetop.

10. Make sure your wrap is not too hot before you take a bite!
11. Enjoy!