

Asian Chicken Lettuce Wraps

Recipe by Joy McCarthy from Joyous Health

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Ingredients:

Sauce

- 2 garlic cloves, minced
- 1 tbsp ginger root, minced
- 1 tbsp fresh cilantro*, chopped
- 1 tbsp sesame seeds
- 1/4 cup tamari
- 1 tbsp lime juice
- 1 tbsp rice vinegar
- 1 tsp fish sauce (I omitted this because I didn't have any)
- 1 tsp toasted sesame oil
- I added: 1 tsp real maple syrup

Stir Fry

- 1 tbsp olive oil for sautéing
- 1 lb organic ground chicken
- 2 celery stalks, finely chopped
- 1 carrot, finely chopped
- 1/2 red pepper, finely chopped
- 1 cup snap peas (I didn't have any so I used frozen sweet peas)
- 1/2 cup onion (I used red onion) finely chopped
- 1 garlic clove, minced
- 1/2 cup shiitake mushrooms (I didn't have any so I used crimini)
- 1 tsp ginger root, minced
- 2 green onions, chopped

Lettuce Cups

- 12 Boston lettuce leaves (I didn't have any so I used Romaine and turned these into "wraps". The original recipe is called "cups")
- 1 cup bean sprouts (I used sunflower sprouts)
- 1/4 cup cashews, toasted and chopped (I just used raw, unsalted) Instructions
Sauce: In a small bowl, combine garlic, ginger, cilantro, sesame seeds, tamari, lime juice, vinegar, fish sauce (if using), sesame oil and maple syrup (if using).

Set aside. Sti

Instructions:

1. Sauce: In a small bowl, combine garlic, ginger, cilantro, sesame seeds, tamari, lime juice, vinegar, fish sauce (if using), sesame oil and maple syrup (if using). Set aside.
2. Stir-fry: In a large skillet, heat olive oil over medium high heat and add chicken and cook until it's no longer pink. Add celery, carrot, red pepper, peas and onion. Stir fry for a few minutes. Stir in garlic, mushrooms and ginger. Add half the sauce to the pan. Cook for 1-2 more minutes then transfer to a large bowl and top with green onions.
3. Lettuce wraps: Fill lettuce leaves with stir fry and top with bean sprouts, cilantro and cashews. Drizzle remaining sauce over top as desired.
4. EnJOY!

Notes:

*Hate cilantro? Use parsley instead. The next time I make this I will double the sauce ingredients.