

Peanut Chicken Lettuce Wraps

Serves 2

- ½ T canola oil
- ½ T toasted sesame oil
- 225 g ground chicken
- 50 g shiitake mushrooms, diced
- ½ medium carrot, peeled and diced
- 2 T red onion, diced (about 25-30g)
- Grated zucchini or chopped renkon for crunch (optional)
- 1½ cloves garlic, minced
- ½ T freshly grated ginger
- 38 g hoisin sauce
(use 18g hoisin and 18g coconut aminos)
- 2 tsp chili garlic sauce
- ½ tsp fish sauce
- 1 T chopped fresh cilantro leaves
- 6-8 butter lettuce leaves

Peanut Sauce:

- 1½ creamy peanut butter
- 1 T Kevala coconut aminos
- 1 T lime juice
- 1 tsp brown sugar
- ½-1 tsp chili garlic sauce, or more, to taste
- ½ tsp freshly grated ginger
- 2 T water (to thin)

Peanut sauce:

1. Whisk together **peanut butter**, **coconut aminos**, **lime juice**, **brown sugar**, **chili garlic sauce** and **ginger** in a small bowl.
2. Whisk in 2-3 T **water** until desired consistency is reached; set aside.

Chicken mixture:

3. Heat **vegetable oil** and **sesame oil** in a large skillet over **medium high heat**.
4. Add **ground chicken**, **mushrooms**, **carrot** and **shallot**. Cook until browned, **about 5-7 minutes**, making sure to crumble the chicken as it cooks; drain excess fat.
5. Stir in **garlic** and **ginger** until fragrant, **about 1 minute**.
6. Stir in **hoisin** sauce, **chili garlic sauce** and **fish sauce** until heated through, **about 30 seconds**.
7. Remove from heat; stir in **cilantro**.
8. To serve, spoon several tablespoons of the chicken mixture into the center of a lettuce leaf, taco-style, drizzled with peanut sauce.



Nutrient	Esti. Value (1 serving)
Calories	370 kcal
Protein	26 g
Fat	23 g
— Sat. Fat	4 g
Carbs	13 g
— Sugars	7 g
Fiber	2.5 g
Sodium	500–600 mg