

## ASIAN CHICKEN LETTUCE WRAPS (gluten free)



Craving P.F. Chang's Chicken Lettuce Wraps? Try these copycats! These lettuce wraps have all the flavor of your favorite Chinese restaurant's, but with none of the gluten. And while these are an amazing appetizer, there's no reason that you can't have them as a dinner (I should know)! If you love lettuce wraps, you might want to double the recipe so you can enjoy some tomorrow!

**Makes:** Approximately 10 lettuce wraps

### INGREDIENTS:

2 boneless/skinless chicken breasts(or equivalent amount of ground chicken)  
4 Tbsp. oil (to cook the chicken)  
1/3 cup white onion, minced

#### For the Sauce:

1/4 cup gluten free Hoisin sauce (not all are gluten free so be careful!)

2 Tbsp. gluten free soy sauce  
1/4 tsp. salt  
1 Tbsp. + 1 tsp. sesame oil  
1/2 tsp. garlic powder  
1/4 tsp. red pepper flakes  
1 Tbsp. brown sugar  
1 Tbsp. peanut butter  
1/2 can (4 oz.) water chestnuts

#### Add-Ins:

1/4 cup cashews, finely chopped  
1 cup green onion, finely chopped

#### To Serve:

1 head of iceberg lettuce

### GETTING READY

1. To prepare lettuce, remove and discard one outer leaf. Pull out core. Make a clean cut off the end of the head. Run under cold water, filling between the leaves to loosen them. Drain out water. Gently separate leaves and set onto a serving platter. Place into fridge to chill.
2. Finely chop the onion. Put into small bowl and place by your stove.
3. Finely chop the cashews. Put into small bowl.
4. Wash and finely chop the green onion. Put into same bowl as cashews, set by stove.
5. Drain and finely chop the water chestnuts. Put into small bowl. Set aside.
6. Trim chicken, lay a piece of plastic wrap over it, and pound down any areas that are higher so that chicken will cook evenly. When finished, place chicken into fridge.

### LET'S GET STARTED

1. Prepare the sauce as follows: Into the same bowl as your water chestnuts, stir in all other sauce ingredients listed above. Mix well. Set by your stove.

2. Cooking the chicken: In a large frying or saute pan, heat the oil over slightly higher than medium temperature.
3. Add in the chicken breasts and cook for about 3-4 minutes, or until golden underneath. Flip chicken over and cook for another 3-4 minutes or until golden. Cover pan, turn stove to low temperature, and continue cooking until chicken is tender and fully cooked (typically 5 minutes, but this depends on how thick your chicken is). There should be no pink inside, and the internal temperature should reach 165 degrees Fahrenheit on an instant-read thermometer.
4. When chicken is done cooking, transfer the pieces to a clean cutting board. Allow them to sit for a few minutes prior to chopping so that the juices will redistribute.
5. Finely chop the chicken, put into bowl, and place by stove.
6. To cook the onion: You will use the same pan that you cooked the chicken in. Start by removing any excess oil or chicken bits from the pan.
7. Saute the onion in a tiny bit of oil until translucent.
8. When onion is done, add in the sauce and the chicken. Stir and simmer on low for a few minutes until heated through.
9. Add in the green onion and cashews. Stir.
10. Serve hot! You can either fill a small serving bowl with the chicken filling and set it (with a spoon) next to the chilled lettuce cups on the serving tray for your guests to fill, or, if they will be eaten immediately, you can pre-fill the lettuce cups and neatly arrange them on the serving tray. Either serving suggestion will look beautiful!