

Natural Healing Express Weekly

Column Volume 255 Spicy Chicken Lettuce Wraps

Yes, I am dedicating an article to lettuce wraps. Don't judge, but I love those things. And, until I found this recipe, the only place I could find them is PF Changs. So, here it is and now you can make them at home, too.

First, we need peanut sauce.

Note, coconut milk adds richness to this nutty sauce, and you can control the spicy heat by adding just enough curry powder or pepper sauce to suit your taste. If you like a bit of crunchy texture, use chunky peanut butter.

Makes about 1 cup.

1 cup unsweetened coconut milk

3 tablespoons chunky or smooth peanut butter

1 tablespoon curry powder

2 tablespoons sugar or more to taste, Red pepper sauce, such as Tabasco

Combine the coconut milk, peanut butter, curry powder, and sugar in a small saucepan and bring to a simmer over low heat. Cook, stirring frequently, until the sauce thickens, about 5 minutes. Season with red pepper sauce to taste and more sugar if needed. The sauce can be refrigerated, covered, for up to 1 week.

Now for the good part! Serves 8 as an appetizer or 4 as a main dish.

1 ½ pounds skinless, boneless chicken breast, cut into ½ -inch dice

3 tablespoons cornstarch

2 tablespoons toasted sesame oil

2 tablespoons peanut oil

¾ cup of finely sliced scallions, including white and about 3 inches of green (about 1 bunch)

3 tablespoons grated peeled fresh ginger

2 tablespoons very finely diced jalapeño pepper

2 tablespoons minced fresh lemongrass

1 tablespoon minced garlic

1 can (8 oz) water chestnuts, rinsed, drained, and cut into ¼ dice

3 baby bok choy (about 8 oz) including white ribs, very thinly sliced

2 tablespoons soy sauce

¼ cup teriyaki sauce

¼ cup mirin

1 tablespoon Thai or Vietnamese fish sauce

3 tablespoons thinly sliced fresh cilantro or mint leaves

2 heads Boston lettuce or 1 head iceberg lettuce, leaves individually separated, rinsed, and dried

1. Spread the chicken on a plate. Place two tablespoons of the cornstarch in a sieve and sprinkle it evenly over the chicken.
2. Heat 1 tablespoon each of the sesame oil and the peanut oil in a large skillet, preferably nonstick, over medium heat. Add the chicken and cook, stirring frequently, until it is cooked through, about five minutes. Using a slotted spoon, transfer the chicken to a medium-size bowl, leaving the pan juices in the skillet. Set the chicken aside.
3. Add the remaining 1 tablespoon each of sesame oil and peanut oil to the skillet. Add the scallions, ginger, jalapeno, lemongrass, and garlic and cook over medium heat, stirring constantly, until fragrant, 1-2 minutes.
4. Add the water chestnuts, bok choy, soy sauce, teriyaki sauce, mirin, and fish sauce. Cook, stirring constantly, until the bok choy wilts and the sauce is hot, 3-5 minutes.
5. Return to the chicken and any accumulated sauces in the skillet and cook until heated through, about 5 minutes.
6. Transfer the chicken mixture, using a slotted spoon, to the center of a large platter and cover it loosely with aluminum foil to keep warm. Whisk the remaining 1 tablespoon of cornstarch into the liquid remaining in the skillet and cook, stirring constantly, until it thickens. Pour the sauce over the chicken.
7. Sprinkle the cilantro over the chicken mixture and arrange the leaves around the edge of the platter. To assemble the wraps, spoon a few tablespoons of the chicken mixture into a lettuce leaf. Simply roll the lettuce around the chicken loosely and eat.

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

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