

# tasty Recipe

## Thai Basil Lettuce Wraps

### INGREDIENTS

1-2 heads iceberg lettuce

1 lb. chicken (ground or cut into thin strips)

1 shallot (finely chopped)

3-4 garlic cloves (minced)

1 bell pepper (diced)

1 c. shiitake mushroom (chopped)

1-2 c. cherry or grape tomatoes (halved)

1-2 red chilies (minced)

2 c. bean sprouts

1 c. basil (chopped)

¼ c. chicken stock

½ tsp. cornstarch (dissolved in 2 tbsp. water)

Homemade or store-bought stir-fry sauce of choice



### INSTRUCTIONS

- Cut out the core of the lettuce to make separating the leaves easier. Place leaves on a plate in the refrigerator until ready to eat. Tip: Separate the leaves with damp paper towels so they do not dry out.
- Drizzle vegetable oil into a large frying pan set over medium-high heat. Add the shallot and garlic and cook until fragrant.
- Add the chicken and cook 2-3 minutes, or until nearly cooked. When the pan becomes dry, add chicken stock 2-3 tbsp. at a time. Add the mushrooms and red chilies.
- Continue cooking for 1-2 minutes, or until chicken is cooked. Add green pepper, tomatoes, stir-fry sauce, plus remaining chicken stock and cook for another 2 minutes.
- Gently fold in bean sprouts and cook for 30 seconds to 1 minute.
- Reduce heat to medium-low and push ingredients to the side of the pan. Add cornstarch mixture and stir until thickened. Remove from heat and add chopped basil.
- Fill lettuce with your desired amount of the mixture and serve.

