

ASIAN CHICKEN TACOS



Time

22mins

Serves

4

Calories (per serving)

176

Carbs (per serving)

2g

Fat (per serving)

12g

Protein (per serving)

28g

Ingredients

- 3 tbsp cooking grade coconut oil
- 1 lb ground chicken
- 8 oz mushrooms , about 6 small mushrooms
- 2 green onions
- 1 tsp minced garlic
- 8 leaves butter lettuce

STIR FRY SAUCE

- 3 tablespoons coconut aminos
- 2 tbsp dry sherry
- 1 tsp fish sauce
- 1 tbsp rice wine vinegar

Method

Mix the coconut aminos, dry sherry, fish sauce, and rice wine vinegar in a bowl to use for the stir fry sauce.

Heat 2 tbsp oil in a large skillet over a medium high heat, then add the ground chicken and stir fry for a few minutes until browned, then remove from skillet and set aside.

Add 1 tbsp oil and the garlic, mushrooms, and green onions to the pan and stir fry for 3-4 minutes.

Return the chicken to pan with the stir fry sauce and heat through.

Serve hot in butter lettuce cups