

Moo Shu Chicken Lettuce Wraps

Time: Under 30 Minutes

Servings: Four

Level: Medium

Ingredients:

- o 1 lb Boneless, skinless Chicken Thighs
- o 1 cup Mushrooms (various)
- o ½ cup Red Cabbage, finely shredded
- o ½ cup Green or Napa Cabbage, finely shredded
- o 1 Carrot, grated or shredded
- o ½ teaspoon Salt
- o Pinch of Ground Black Pepper
- o Head of Butter Lettuce
- o Crushed Peanuts (Optional)
- o ¼ cup Water Chestnuts, diced (Optional)

Hoisin Sauce:

- o 6 pitted Dates
- o 3 pitted Prunes
- o ¼ cup Water
- o 4 Garlic Cloves, minced
- o 1 teaspoon Ginger, minced
- o 3 Tablespoons Coconut Aminos
- o 2 Tablespoons Natural Peanut Butter
- o ½ teaspoon Chinese 5-Spice Powder
- o 2 Tablespoon Rice Vinegar
- o 1 teaspoon Sesame Oil
- o ½ teaspoon Chinese 5-Spice Powder
- o ½ teaspoon Salt

Directions:

- 1) Make Hoisin Sauce: Place Dates and Prunes in a bowl and cover with water. Soak for and Water 10 minutes.
- 2) In a smaller blender or mini chopper, place Garlic, Ginger, Coconut Aminos, Peanut Butter, Rice Vinegar, Sesame Oil, 5-Spice Powder and blend.
- 3) Add Dates, Prunes and ¼ cup water to blender and blend until smooth. Add a few more Tablespoons of Water if too thick.
- 4) Set a few tablespoons of the Hoisin sauce aside for dipping and then use remaining sauce to marinate the chicken. (Marinate at least 10 minutes, an hour if possible!)
- 5) Heat a skillet to medium and add a few teaspoons of Olive Oil. Add Mushrooms and cook for 2 minutes.
- 6) Add Red and Green Cabbage and cook for another 2 minutes. Sprinkle with ½ teaspoon Salt and pinch of Ground Black Pepper.
- 7) Heat another skillet to medium and add the chicken thighs. Cook for about 3-4 minutes per side or until cooked through. Cooking time will depend on size of Chicken Thighs. Let cool and cut into cubes.
- 8) Mound Chicken cubes, Mushrooms, Cabbage, and Carrots on Butter Lettuce Leaves. Top with some Hoisin Sauce, Peanuts and Water Chestnuts.

Fun tips and Information

- ❖ Hoisin Sauce, the main flavor for this dish, can be store-bought, but many brands contain high-fructose corn syrup and molasses. The Hoisin sauce or marinade here is naturally sweetened with dates and prunes and lacks the dark brown color of molasses, but not the flavor. Make an extra batch of sauce and keep it in the fridge!