

Lettuce Wraps

I made these on 8/11/2015 - they were AWESOME!

Ingredients

3 tablespoons oil
2 boneless skinless chicken breasts
1 cup water chestnut
2/3 cup mushroom
3 tablespoons chopped onions
1 teaspoon minced garlic
4 -5 leaves iceberg lettuce

Special Sauce

1/4 cup sugar
1/2 cup water
2 tablespoons soy sauce
2 tablespoons rice wine vinegar
2 tablespoons ketchup
1 tablespoon lemon juice
1/8 teaspoon sesame oil
1 tablespoon hot mustard (make from dry mustard and enough water to create a paste)
2 teaspoons water
1 -2 teaspoon garlic and red chili paste

Stir Fry Sauce

2 tablespoons soy sauce
2 tablespoons brown sugar
1/2 teaspoon rice wine vinegar

Directions

Make the special sauce by dissolving the sugar in water in a small bowl. Add soy sauce, rice wine vinegar, ketchup, lemon juice and sesame oil.

Mix well and refrigerate this sauce until you're ready to serve. Combine the hot water with the hot mustard and set this aside as well. Eventually add your desired measurement of mustard and garlic chili sauce to the special sauce mixture to pour over the wraps. Bring oil to high heat in a wok or large frying pan. Sauté chicken breasts for 4 to 5 minutes per side or done. Remove chicken from the pan and cool.

Keep oil in the pan, keep hot. As chicken cools mince water chestnuts and mushrooms to about the size of small peas. Prepare the stir fry sauce by mixing the soy sauce, brown sugar, and rice vinegar together in a small bowl. When chicken is cool, mince it as the mushrooms and water chestnuts are. With the pan still on high heat, add another Tbsp of vegetable oil. Add chicken, garlic, onions, water chestnuts and mushrooms to pan. Add stir fry sauce to pan, saute mixture a couple minutes then serve in lettuce leaves.

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