

Knock Off “P.F. Chang’s” Lettuce Wraps | original recipe found at www.iowagirleats.com / tweaks made by me | My tweaked version will feed 4-5 people for a full dinner. If you’re serving the wraps as an appetizer, it’ll feed 6-8.

- 1 pound ground chicken breast
- 1 pound ground dark chicken meat
- 1 onion, diced small
- Salt & pepper (go lighter on the salt than you might normally because of the soy sauce)
- 4 garlic cloves, minced
- 2-inch knob of ginger, minced (I use a microplane for this ... works beautifully.)
- 5 Tablespoons gluten-free tamari sauce (or soy sauce)
- 2 ½ Tablespoons rice vinegar
- 2 Tablespoons sesame oil
- 2 Tablespoons peanut butter (homemade is best!)
- 1 Tablespoon water
- 1 Tablespoon chili garlic sauce (or more if you want more heat)
- 6 green onions, sliced thin
- 1 8-ounce can of sliced water chestnuts, chopped
- ½ cup peanuts, chopped
- Iceberg lettuce leaves

Heat a large skillet on high heat. If using stainless steel or cast-iron, add a little coconut oil or avocado oil to the pan to keep the meat and onions from sticking. Add the chicken, onion, salt and pepper, and cook till nearly done, stirring often to break up the meat. Add garlic and ginger and continue cooking till the meat is no longer pink.

In a small bowl, mix together the tamari sauce, rice vinegar, sesame oil, peanut butter, water and chili garlic sauce. Heat in the microwave for 30 seconds, then stir till it is smooth. (You could do this in a small pot on the stovetop, too.) Add the mixture to the ground meat and stir to combine.

Add the green onions and water chestnuts to the skillet and cook 1-2 minutes.

Sprinkle the peanuts on top and serve with lettuce leaves.