

Recipe for

Cashew Chicken

Lettuce Wraps

SERVES: 4

PREP TIME: 20 min.

TOTAL TIME: 30 min.

♡ gluten free ♡ dairy free

Notes: *Serving these as a lettuce wrap makes for a light, but satisfying meal, but it can also be served over rice. If you don't like spice, omit the chilli peppers and put hot sauce on the table as an option for others. This dish can be thrown together quickly by marinating the chicken in the morning or night before. Don't skip the lime! It's a game changer.*

INGREDIENTS:

3 Tbsp maple syrup or honey	1 Tbsp avocado oil
3 Tbsp tamari or soy sauce	1 cup whole raw cashews
1.5 Tbsp rice vinegar	1 Tbsp thinly sliced chili pepper
1 tsp grated ginger	2 green onions
1.5 tsp toasted sesame oil	3 tsp sesame seeds
1.5 tsp arrowroot flour	Salt + pepper
3-4 chicken breasts, cubed	8-12 butter lettuce leaves
	1 carrot, peeled into ribbons
	Squeeze of fresh lime.

DIRECTIONS:

1. In a bowl, combine maple syrup, tamari, vinegar, ginger, sesame oil and arrowroot flour.
2. Put chicken into a baking dish and pour mixture over top. Stir to coat. Cover and put in fridge for at least 15 minutes to marinate.
3. In a large non-stick skillet, heat avocado oil over medium heat. Add the chicken with the marinade, cover and cook for 5 minutes. Add cashews, chili pepper (if using), and half of the green onions. Cook, uncovered, for another 5 minutes, stirring occasionally. Remove from the heat, add 2 teaspoons of the sesame seeds and a pinch of salt and pepper. Stir, and let cool for 5 minutes.
4. Top each lettuce leaf with carrot ribbons, chicken filling and top with remaining sesame seeds, green onions and a squeeze of lime.

