

Asian Chicken Lettuce Wraps (better than P.F. Chang's!)

★★★★★
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Asian Chicken Lettuce Wraps (better than P.F. Chang's)! A quick, easy, and healthy dinner that tastes delicious! Gluten and dairy-free!

Prep Time 10 mins	Cook Time 20 mins	Total Time 30 mins
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Course: Main Course Cuisine: asian Servings: 6 people Author: [Laura](#)

Equipment

- [non-stick fry pan](#)
- [measuring spoons](#)
- [measuring cups](#)

Ingredients

- 1 lb ground chicken
- 1 TBS [peanut oil](#)
- ½ onion minced
- 1 cup red or green pepper diced
- 1 8 oz can water chestnuts drained and minced

For the Sauce:

- 3 TBS [soy sauce*](#)
- 3 TBS [hoisin sauce**](#)
- 1 TBS [sesame oil](#)
- 1 TBS [rice vinegar](#)
- 1 TBS [peanut butter](#)
- 1 TBS [honey](#)
- 2 tsp [sweet chili sauce](#) (Trader Joe's!)
- ½ tsp [garlic powder](#)
- ¼ tsp [powdered ginger](#)

To serve

- ¼ cup [peanuts](#) crushed.
- Lettuce or your favorite Asian salad

Instructions

1. Whisk together sauce ingredients until well combined. If you use a firmer peanut butter you may need to microwave the mixture for 30-60 seconds in order to melt it and ensure everything is well-mixed.
2. Heat 2 TBS peanut oil in a frying pan. Once hot, add ground chicken.
3. Cook until some pieces are starting to brown. Add onion and cook for 5 minutes or until the onion is becoming translucent.
4. Add the peppers and water chestnuts and cook about 5 minutes or until peppers are becoming soft.
5. Add sauce and simmer on low heat until the chicken and veggies are evenly coated and everything is heated through.
6. Serve in lettuce leaves, on top of your favorite Asian salad, or over noodles or rice!

Notes

Notes on ingredients:

- **Ground chicken:** Finely diced chicken breasts are a great substitute for ground chicken!
- **Peanut Oil:** Any oil can be used here if you don't keep peanut on hand or if you have a peanut allergy. I recommend olive oil or avocado oil!
- **Soy Sauce:** If you have a soy allergy you can substitute coconut aminos for the soy sauce.
 - *be sure to choose a [gluten-free soy sauce](#) to keep this asian lettuce wraps recipe gluten-free, [like this one](#).
- **Hoisin sauce:** **be sure to choose a [gluten-free hoisin sauce](#) to keep this recipe gluten-free, [like this one](#).
- **Peanut Butter:** If you have a peanut allergy any nut or seed butter could work here, but peanut butter definitely gives the best results!

Store

Store any leftover lettuce wrap filling in an airtight in the refrigerator for up to 5 days. Store leftover lettuce separately in the refrigerator, because storing them together will make the lettuce soggy.

Nutrition

Serving: 1 lettuce wrap (1/6 recipe) | Calories: 209.1kcal | Carbohydrates: 14.3g | Protein: 18.7g | Fat: 9.2g | Saturated Fat: 1.9g | Polyunsaturated Fat: 26g | Monounsaturated Fat: 4g | Cholesterol: 43.6mg | Sodium: 675mg | Potassium: 112.5mg | Fiber: 1.4g | Sugar: 8.6g | Vitamin A: 665IU | Vitamin C: 55.2mg | Calcium: 12mg | Iron: 0.4mg