

tasty Recipe

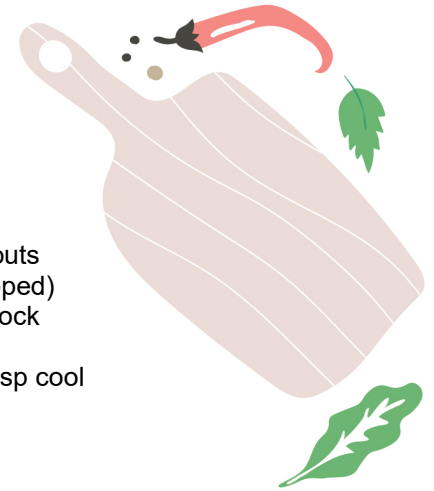
Thai Basil Lettuce Wraps

INGREDIENTS

1-2 heads iceberg lettuce
1 lb. chicken (ground or cut into thin strips)
1 shallot (finely chopped, or ¼ cup purple onion)
3-4 garlic cloves (minced)

1 bell pepper (diced)
1 cup shiitake mushroom (chopped)
1-2 cups cherry or grape tomatoes (halved)
1-2 red chilies (minced, or ½ to ¾ tsp cayenne pepper)

2 cups bean sprouts
1 cup basil (chopped)
¼ cup chicken stock
½ tsp cornstarch (dissolved in 2 tbsp cool water)



INSTRUCTIONS

- Cut out the core(s) of the lettuce to make separating the leaves easier. Place leaves on a plate in the refrigerator until ready to eat. Drizzle a little oil into a wok or large frying pan set over medium-high heat. Add the shallot/onion and garlic. Stir-fry until fragrant (30 seconds).
- Add the chicken and stir-fry 2-3 minutes, or until nearly cooked. When wok/pan becomes dry, add enough chicken stock to create a good sizzle (2-3 Tbsp. at a time). Add the mushrooms and chili.
- Continue stir-frying another 1-2 minutes, or until chicken is cooked. Now add the green pepper, tomatoes, stir-fry sauce, plus any remaining chicken stock.
- Stir-fry another 1-2 minutes. Add the bean sprouts and gently fold them in for 30 seconds to 1 minute (you want to retain their crispness).
- Reduce heat to medium-low and push ingredients to the side of the wok/pan to reveal the sauce. Add the cornstarch mixture, stirring until sauce has thickened. Remove stir-fry from heat and fold in the chopped basil leaves. Taste-test, adding more lime juice if too salty. If not salty or flavorful enough, add more fish sauce.

