



SESAME HONEY CHICKEN LETTUCE CUPS

No cook-prep, gluten-free, dairy-free, skillet meal. Serves 4 - 6

INGREDIENTS

- 2 lbs boneless chicken breasts, cut into bite-sized pieces
- ½ cup cornstarch
- ¼ cup honey
- 1 tbsp soy or tamari sauce
- 1 tsp minced garlic (about 1 clove)
- 1 tsp sesame seeds
- ¼ tsp (1 mL) red pepper flakes

On cooking day: 1 head iceberg or butter lettuce.

Optional toppings: shredded carrots, finely sliced cucumber, sliced green onion, crispy rice noodles

INSTRUCTIONS

1. Add sliced chicken + cornstarch into gallon-sized freezer bag. Shake bag until all sides of chicken pieces are coated. Seal bag, removing air.
2. In a small bowl (or place directly into quart sized freezer bag) combine honey, tamari or soy sauce, minced garlic, sesame seeds, and red pepper flakes.

Source: www.happymoneysaver.com

MAKE IT NOW

Add 3 - 4 tbsp vegetable or canola oil to a wok or large skillet and heat on high.

Add chicken into wok and stir-fry, separating pieces and stirring constantly until the majority of the pieces have some golden or crispy edges on them, about 4 minutes. Add sauce, and cook, stirring constantly for about 1 - 2 minutes until sauce is boiling and slightly thickens. Serve in lettuce cups and top with additional toppings if desired.

MAKE IT A FREEZER MEAL

Label a new gallon-sized freezer bag. Add to labeled bag the sealed chicken with cornstarch bag and sealed sauce bag. Seal bags together and freeze.

Quick thaw: Thaw chicken and sauce packets quickly by running under warm water until you can break the packets up. Or place the whole kit in the fridge first thing in the morning so the meat will be thawed by dinner time.

Cook in wok or large skillet: Add 3 - 4 tbsp vegetable or canola oil over high heat. Add chicken into wok and stir-fry, separating pieces and stirring constantly until the majority of the pieces have some golden or crispy edges on them, about 4 minutes. Add sauce, and cook, stirring constantly for about 1 - 2 minutes until sauce is boiling and slightly thickens. Serve in lettuce cups and top with additional toppings if desired.

