



Sweet Soy Chicken & Lentil Lettuce Wraps

2 servings

25 minutes

Ingredients

227 grams Extra Lean Ground Chicken
 1/2 cup Lentils (cooked)
 1 1/2 tbsps Soy Sauce, Low Sodium
 1 tbsp Raw Honey
 1 tsp Chinese Five Spice
 1/3 Cucumber (medium, julienned)
 1 head Boston Lettuce (leaves separated)
 1 tbsp Sesame Seeds

Directions

- 1 Heat a non-stick pan over medium heat. Add the chicken with a splash of water. Stir and cook for 10 to 12 minutes or until slightly browned, breaking it up as it cooks.
- 2 Add the lentils and cook for another two to three minutes.
- 3 In a small bowl, whisk together the soy sauce, honey, and Chinese five spice.
- 4 Pour the sauce over the chicken and lentils. Stir and cook for another three to five minutes or until everything is cooked through and the flavors have combined.
- 5 Divide the chicken mixture and cucumbers evenly between the lettuce leaves. Sprinkle with sesame seeds and enjoy!

Notes

Leftovers: Refrigerate the chicken mixture in a separate airtight container for up to three days. Assemble before serving.

Serving Size: One serving is approximately three to four lettuce wraps.

More Flavor: Add garlic and ginger to the chicken.

Additional Toppings: Cilantro and/or sriracha hot sauce.