



# *Asian Keto Chicken Lettuce Wraps*

## *ingredients*

- 1 pound ground chicken
  - 2 teaspoons sesame oil
  - 1 C red onion, chopped
  - 2 garlic cloves, minced
  - 2 green onions, chopped
  - salt and pepper to taste
  - 8 romaine lettuce leaves, rinsed
  - 1/2 C canned water chestnuts, chopped (optional)
- For the sauce:
- 5 Tbsp low carb soy sauce
  - 1 tsp sriracha sauce
  - 1/2 tsp garlic powder
  - 2 tsp rice wine vinegar
  - 1 Tbsp swerve or monkfruit sweetener
  - 1 tsp fish sauce, optional
  - salt and pepper to taste

## *instructions*

1. Make the sauce - Take a small bowl and combine all of the sauce ingredients and mix well until well combined. Set aside.
2. Heat a large skillet on medium heat. Add the oil, once hot, add red onion, garlic cloves and saute for 1-2 minutes.
3. Add the ground chicken, salt and pepper to taste and cook for 3-4 minutes or until the chicken is browned.
4. Pour in the sauce, green onions and water chestnuts (if desired); combine all and cook for 1-2 minutes.
5. Layer the lettuce and distribute the filling evenly into each leaf of lettuce. Top with green onions or garnish with chopped peanuts.
6. Serve!