

CHICKEN LETTUCE WRAPS

Chicken Marinade

- 1 lb chicken breast- skinless, boneless
- 1/4 cup low sodium soy sauce
- 1/4 cup white wine
- 1/2 cup hoisin sauce
- 1 cup green onions, thinly sliced
- 1/4 cup chopped garlic

In a 4.2 ltr **freshvac**[™] container, whisk together marinade ingredients, add chicken. Secure handles and press down on center of lid 2 -3 times to create vacuum seal. You can infuse the marinade more quickly by creating the vacuum seal over and over. Refrigerate several hours or overnight.



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Container size: 4.2 ltr, 2.4 ltr
Serves: 4
Prep Time: 15 minutes

Lettuce Wrap Ingredients

- 1 head Bibb or Iceberg lettuce – separate and wash leaves, dry with paper towel
- 2 carrots, julienne sliced
- 1/2 cucumber, julienne sliced
- 1 cup snow peas, julienne sliced
- 3 green onions, thinly sliced
- 1/2 cup bottled spicy Asian chili sauce

Can prepare the above, combine in **freshvac**[™] 2.4 ltr container with dividers, and refrigerate overnight.

Assembly

Remove **freshvac** container of chicken breast from refrigerator. Open vacuum valve and microwave on high power for 5-6 minutes or until chicken is cooked through. Let chicken stand for 1 minute. Remove and slice into strips. Fill each lettuce leaf with several strips of chicken breast, and assorted vegetables, and onions. Drizzle with spicy chili sauce. Roll like a burrito to enclose.

Note: Microwave power and container size may vary cook time.