

©2024 Live HealthSmart Alabama

## **Thai Curry Chicken Wraps**

## **INGREDIENTS** INSTRUCTIONS 1 lb. boneless, skinless chicken breast cut Heat a large skillet over high heat into ~1" pieces Season chicken well with salt and pepper • Optional: Use a precooked rotisserie chicken • Add oil to coat the bottom of the pan and add the instead chicken Salt and pepper Cook until well browned on all sides, and fully 1 tbs vegetable oil or non-stick spray cooked (165° if using meat thermometer or cut into 1 cup Plain Greek yogurt the chicken to check for doneness) • 1/4 cup Coconut milk Remove chicken from the pan and shred it • 2 tbs Thai red curry paste In the same pan, add a small amount of vegetable oil • 2 tbs Chopped cilantro and curry paste, fry for ~1 min • 1/2 cup Shredded carrots Add coconut milk and mix until well blended. Pour • 1/2 cup Sliced green onions mixture over shredded chicken, mix well • 1/4 cup Chopped roasted peanuts • Add yogurt and cilantro, mix well and refrigerate at • 1-2 fresh limes cut into wedges least 30 mins (up to overnight) • 8-10 leaves green leaf or Romain lettuce, Assemble the wraps. Layer lettuce, carrots, green shredded onions and peanuts, top with chicken mixture and Any style wrap roll it up! Serve with lime wedges Recipe by Cali Davis









