



# Asian Lettuce Wrap Salad

**YIELDS: 3 servings**

## ingredients

- 1 lb. 92% lean ground chicken
- 3 tbsp hoisin sauce
- 340g butter lettuce & radicchio (2 bags from Trader Joes)
- 75g shredded carrots
- 120g chopped red bell pepper
- 3 tablespoons Asian Style Spicy Peanut Vinaigrette
- 3 tbsp Thai Peanut Sauce
- 30g roasted unsalted peanuts

## DIRECTIONS

- 1:** Cook chicken in large skillet over medium heat until fully cooked through. Add hoisin sauce and coat chicken evenly. Cook additional 3-4 minutes.
- 2:** Divide up lettuce, carrot, & bell pepper among 3 plates OR meal prep containers if making for meal prep.
- 3:** Divide chicken evenly among the 3 plates OR store the chicken in separate container to be reheated later for meal prep.
- 4:** Add 1 tbsp of peanut vinaigrette and 1 tbsp of peanut sauce to each salad.
- 5:** Top with peanuts & enjoy! (Hold off on adding sauce & peanuts until meal time if meal prepping). May also top with sesame seeds!

## MACROS:

for 1/3 recipe

**CALS- 423**

**F- 21G**

**C- 23G**

**P- 36G**



BALANCE BY HILARY