

# Chicken lettuce wraps with Asian prune dipping sauce



Simple recipe lovely and light and great for the summer.

*Recipe contains FODMAPS but might be useful for people with constipation based IBS and no issues with FODMAPS.*



## Ingredients

### Makes 16 wraps

- 1 tbsp sesame oil
- 450g boneless, skinless chicken breasts, cut into very small pieces.
- 1 tbsp grated fresh ginger
- 2 cups **Sunsweet** Prune Juice
- 1/4 cup honey
- 2 tbsp each: soy sauce and rice vinegar
- 16 small butter lettuce leaves (or other desired lettuce)
- chopped peanuts,
- coriander leaves
- sliced spring onion

## Method

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Heat sesame oil in a medium skillet.

Add chicken and cook, stirring frequently for 5 minutes, or until browned and cooked through.

Add ginger and cook for 1 minute more; set aside.

Combine prune juice, honey, soy sauce and rice vinegar in a medium saucepan; cook over medium-high heat for 20 minutes or until glaze is thickened (mixture will thicken as it cools).

Stir about half the glaze into the chicken to coat well; cook for additional 5 minutes.

Serve chicken in lettuce leaves and sprinkle with peanuts, coriander and green onions, as desired.

Serve remaining sauce on the side.

