

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

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.

