

Coconut curry Chicken lettuce wraps

Chef Rob

Ingredients

For the Spice Mix:

3 tablespoons coriander seeds or a bunch of fresh cilantro (my preference). Fun fact! (These are actually the same thing,
2 teaspoons black peppercorns
1/4 teaspoon fenugreek seeds

For the Coconut Curry:

avocado oil
2 pounds of Chicken breast
2 medium yellow or white, onions, your choice
3 tablespoons of curry powder.
4 to 5 cloves garlic, thinly sliced
1 teaspoon ground turmeric, divided
1 tablespoon of fresh Thyme
1 tablespoon of fresh Rosemary
3 medium tomatoes, chopped

Options depending on your spicy/hot food tolerance, use 1 teaspoon red chili powder or cayenne, or milder chili powder

1 1/2 teaspoons kosher salt
1 lemon or bottled lemon juice or white vinegar
1 cucumber chopped into small pieces
1 (13.5 ounce) can full-fat coconut milk (this is for 2 pounds of chicken so the fat /calories get spread out over the portions)
1/2 cup water, or as needed
1 tablespoon of black pepper

Wrap:

One head of Butter Crunch Lettuce. (This lettuce has a buttery flavor and velvety texture.)

Instructions:

- Wash the chicken thoroughly by using white vinegar (or lemon juice). Massage it into the chicken then rinse with water. Do this twice and rinse well. I prefer room temperature water, not too hot, not too cold, just NICE!

- Pat the chicken down with paper towels until it looks dry. This helps chicken absorb all the juicy flavors we will add.
- Add 3 garlic cloves to the chicken, leave the rest for the sauce we will make.
- Combine the thyme, black pepper and rosemary to the chicken. Make sure to rub as much as you can all over each piece creating a dry rub. Pour a little oil into your hand and gently massage / coat the chicken breasts.
- Using a warm pan, add the onions. Let them sizzle for about 3 minutes. Make sure to move them around so they do not burn. Add a few drops of oil as needed to caramelize them. Once they soften, add the chicken. Because we want the chicken to brown, not burn, add half a cup of water. Cook over medium heat for about 10 minutes.
- To ensure the chicken is cooked, use a knife to make an incision to check that the inside is no longer red or pink.

Sauce:

- All the remaining ingredients will be used to make the sauce. Add turmeric, tomato, garlic, cayenne or chili powder. (Leave aside one chopped tomato.) Toss them into a food processor, and get them to a pureed state. Once pureed, add the coconut milk, and curry powder. Using a whisk, blend till it's thick, you may like a smoother texture, that's optional, as some do not like thick sauces.

Lettuce:

Wash the lettuce wraps with room temperature water, at least 5 minutes before adding chicken. This type of lettuce is very sensitive. So do not use too much water. A quick dip in water should suffice.

Take a piece of lettuce and in the center, add chicken as the base and top it with chopped cucumber, chopped tomato, along with the sauce we made. Take one end of the lettuce and close it entirely by rolling it like a spring roll.

Optional sides with the wraps

Zucchini in soy sauce

2 large zucchini, halved lengthwise and cut into 1 inch slices
2 tablespoons low sodium soy sauce or tamari, divided
garlic powder to taste
ground black pepper to taste add
1 tablespoon avocado oil

In a pan, add all the ingredients and stir for about 5 minutes on high heat.

Homemade air fried chips

I recommend these if you are feeding kids. These are my kid's favorite sides.

2 potatoes
1 tbsp of olive oil

- Slice potatoes thinly with a mandoline, wash them thoroughly with water.
- Drain the potatoes and pat dry with paper towels.
- Pour 1 tbsp of oil onto a pan on high heat and gently toss them for 3-5 mins until golden
- Place them in batches in a single layer in an air fryer on 390 for 10-15 minutes until golden and crispy.