



Lime Teriyaki Chicken Lettuce Wraps

By Chef Veera Gaul, Ph.D.



Ingredients

(* indicates my preferred ingredients – see notes for alternatives)

- 8-16 leaves Boston or Bibb lettuce
- 2 tablespoons **Roasted Sesame Oil** (divided)
- ¼ cup green onions, sliced diagonally (reserve some green parts for garnish)
- 2 tablespoons sliced shallots (from one medium shallot)
- 1 tablespoon grated fresh ginger or ginger paste
- 1½ tablespoons grated fresh garlic or garlic paste
- 1 lb ground chicken or turkey
- ½ cup unsalted cashews or peanuts, lightly toasted
- ¼ cup sliced celery
- ¼ cup chicken broth
- ½ teaspoon cornstarch
- ½ tablespoon lime juice (plus lime wedges for serving)
- 4-6 tablespoons O&V [Teriyaki Lime Sauce](#) *
- 1-2 tablespoons Sambal Oleak or Sriracha Sauce (more or less to taste)
- Thinly sliced red chili and toasted sesame seeds for garnish

Preparation

Heat 1 tablespoon of the oil in a large skillet or wok over medium low heat, until shimmering. Add the white and light green parts of the green onions, shallots, garlic and ginger and cook stirring occasionally for 2-4 minutes till softened.

Add the ground chicken, increase the heat to medium and cook breaking up the meat until no longer pink and most of the liquid has evaporated – about 5-6 minutes. Add the celery and cook an additional 3 minutes till cooked.

In a small bowl, whisk the cornstarch with the broth till smooth, add in the lime juice and the remaining tablespoon of roasted sesame oil.

Add the Teriyaki Lime sauce, Sambal and the cornstarch mixture to the pan and cook, till sauce thickens, darkens and coats all the meat (about another 4-5 minutes) Stir frequently to avoid sticking at the bottom of the pan. Mix in the toasted nuts.

Serve about a heaped ¼ cup of the filling into each lettuce leaf. Garnish with the green parts of the green onion, some sesame seeds, sliced red chili and serve with a wedge of lime.

Total time 25 minutes

Serves 4

Notes

* The **Roasted Sesame Oil** adds a nice toasted sesame flavor to this dish which will be lost with any substitutions, but you can certainly use a [Garlic EVOO](#) or [Unflavored Oil](#). The [Teriyaki Lime Sauce](#) is absolutely fantastic – with its combination of sweet, salty and fresh lime tones. Although the flavor of the overall dish will be changed dramatically, you can try your favorite teriyaki sauce with a little extra lime juice. will dictate the quality of the dish. The Roasted Sesame oil is available at [Oil & Vinegar stores](#)

Categories: Entrée, Appetizer, Gluten Free, Dairy Free, Easy Weeknight Meal, Quick Dinner, Umami, Poultry, Chicken Lettuce Wraps, Teriyaki Lime Sauce, Roasted Sesame Oil, Cashew, 30 Minute Dinner, Meal Prep, Low Carb Dinner, Ground Chicken