



CHICKEN LETTUCE CUPS

SERVES 4

TIME: 25 MINUTES

INGREDIENTS:

2 tsp vegetable oil
1 pound ground chicken, turkey or plant based ground meat
3 chinese eggplant, $\frac{1}{8}$ chunks (about 3-3 $\frac{1}{2}$ C)
 $\frac{1}{2}$ C white onion, finely diced
8 ounce can water chestnuts, drained and finely diced
1 tsp minced ginger
2 garlic cloves, minced
1 TBSP miso paste
2 TBSP soy sauce
1 TBSP rice vinegar
1 TBSP sesame oil
1 tsp chili garlic sauce (or regular chili sauce)
 $\frac{1}{2}$ C sliced green onions
1 head of butter or iceberg lettuce

DIRECTIONS:

1. Prep all ingredients
2. Place the eggplant in a bowl and sprinkle with salt, toss (to eliminate water).
3. Heat the oil in a large pan over medium high heat. Add the meat and season with salt and pepper.
4. Cook for 5-6 minutes, breaking up the meat with a spatula, until mostly cooked through.
5. Add the eggplant and onion to the pan. Cook for 5 minutes or until vegetables are soft.
6. Stir in water chestnuts, garlic and ginger. Cook for 1 more minute.
7. In a small bowl, whisk together the miso paste, soy sauce, rice vinegar, sesame oil and chilli paste.
8. Pour the sauce over the ground chicken and mix to coat evenly. Cook for 2 more minutes.
9. Sprinkle half of the green onions over the mixture.
10. Spoon the chicken into the lettuce leaves, garnish with green onions and serve!

NOTE: Have leftover chicken? Serve as a bowl the next day with lettuce, rice or potatoes, veggies and ginger dressing.

SONG: Come as You are by Nirvana