



Moo Shu Chicken

Time: 30 minutes **Serves:** 6-8

Ingredients:

- 2 tbs avocado oil
- 2 tbs balsamic vinegar
- 1 tbs sesame oil
- 2 tbs coconut aminos
- 2 boneless skinless chicken breasts, thinly sliced
- ¼ green cabbage, thinly sliced
- ¼ red cabbage, thinly sliced
- ¼ cup green onions, sliced
- ½ cup mushrooms, chopped
- 2 cloves garlic, minced
- 1 tsp ginger, grated
- ½ tsp sea salt
- ½ tsp black pepper
- Carrots, shredded for garnishing
- Sprouts, for garnishing
- Sesame seeds for topping
- Butter lettuce for wraps

Directions:

1. In a medium-sized bowl, add sesame oil, balsamic, coconut aminos, ginger, garlic, salt, pepaper and chicken. Mix thoroughly and set aside.
2. Chop the vegetables accordingly.
3. In a large pan over medium heat, combine avocado oil, onions and mushrooms. Sauté for about 5 minutes.
4. Add chicken to brown, about 8 minutes.
5. Add cabbage and reduce to low. Cover and let simmer for about 10 minutes, or until cabbage is soft. Stir occasionally.
6. Serve with lettuce wraps and top with carrots, sprouts and sesame seeds.