

Caribbean Chicken Lettuce Wraps

Total Cook Time: 1 hour

Contains raw meat, cook thoroughly

Cook from Frozen

Meals are 3-4 servings

*For 6-8 servings, cook 2 meals in the same pot and use the cooking instructions in the parentheses

Prepare with (aka ingredients needed to prepare meal):

- 2 TBSP (4 TBSP)* Cornstarch
- Romaine or Butter Lettuce Leaves
- Optional toppings and garnishes: red bell pepper, black beans, diced mango, pineapple, mandarin oranges, jicama, cilantro, peach salsa, sriracha

Cooking Directions:

1. Open meal and pop food into the pressure cooker pot. Add 1/4 cup (1/4 cup)* of hot water.
2. Secure the lid and turn pressure release knob to a sealed position. Cook at high pressure for 12 minutes.
3. When pressure cooking is complete, use a natural release.
4. Move meat to a cutting board and shred. Cover and set aside.
5. For a thicker sauce, use the sauté function to bring the mixture to a boil, combine 2 TBSP (4 TBSP)* water and 2 TBSP (4 TBSP)* cornstarch in a small container and stir. Add HALF of the cornstarch slurry to the pot, stirring constantly until it thickens. Add more slurry as needed to reach your desired consistency.
6. Add the chicken into the thickened sauce and toss until coated.
7. Add meat, a drizzle of sauce, and desired toppings onto a lettuce leaf.

Slow Cooker Cooking Directions:

1. Thaw meal completely in fridge. Add the said amount of liquid above. Cover and cook on LOW for 4-5 hours or HIGH for 2-3 hours, until the chicken reaches an internal temperature of 165 degrees. Continue with steps 4-7.

Grilling Directions

1. Take meal out of the freezer the evening before or morning of the day you want to cook it. Let it thaw and marinate in the fridge until dinner time. Preheat grill. Place meat on grill and cook until the chicken reaches an internal temperature of 165 degrees. Continue with step 7.

Leftover Suggestions:

- Rice bowl
- Wrap in a tortilla
- Caribbean Chicken Salad

Notes:

- This meal is a summer freezer essential! Grill it up and enjoy it in a wrap, tossed into a salad, or simply on its own with fresh fruit and veggies on the side.

Nutrition Facts

4 servings per container

Serving size
3/4 cup (197g)

Calories
per serving **170**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 1.5g	2%	Total Carbohydrate 9g	3%
Saturated Fat 0g	0%	Dietary Fiber <1g	2%
Trans Fat 0g		Total Sugars 7g	
Cholesterol 95mg	32%	Includes 4g Added Sugars	8%
Sodium 1220mg	53%	Protein 31g	
Vitamin D 0mcg 0% • Calcium 10mg 0% • Iron 0.6mg 4% • Potassium 70mg 2% Vitamin A 20mcg 2% • Vitamin C 8mg 10%			

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



INGREDIENTS: CHICKEN, LIME JUICE, PINEAPPLE JUICE, SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT, <0.1% OF SODIUM BENZOATE (PRESERVATIVE)), HONEY, WORCESTERSHIRE SAUCE (DISTILLED WHITE VINEGAR, ANCHOVIES, GARLIC, MOLASSES, ONIONS, SALT, SUGAR, WATER, CHILI PEPPER EXTRACT, CLOVES, NATURAL FLAVORINGS, TAMARIND EXTRACT), SPICE, GARLIC, ONION, CURRY POWDER

CONTAINS: ANCHOVIES, WHEAT, SOY