

Chicken Wrap

This is great for summer, since I try not to fry food at home, this chicken wrap is a great way to serve the spring rolls without frying it. I usually have the filling in a bowl and we just wrap as we eat. You can serve with peanut butter and/or sweet sauce like plum sauce. Since I did not have them handy, we just ate without them. It is healthy due to the amount of vegetables in it and the spring rolls wrap are lighter than the flour tortilla.

I usually buy the spring rolls wrap at Asian market. You can find them at the freezer section. I keep them in the freezer and let them thaw while I am cooking the filling. Once the wraps are defrosted, gently remove them. The remaining wraps can be returned to the freezer.

Ingredients:

- 1 chicken breast
- 1 clove of garlic
- 1 teaspoon corn starch
- 1 tablespoon soy sauce
- Salt and pepper to taste
- 3 tablespoon olive oil
- 1 onion thinly cut
- 2 carrots shredded
- $\frac{1}{2}$ cabbage shredded
- 5 dry shitake mushroom
- $\frac{1}{2}$ bunch of cilantro finely chopped
- $\frac{1}{2}$ tablespoon sesame oil
- Spring rolls wrap







Method:

Cut the chicken breast in small size and marinate with soy sauce, garlic, corn starch, salt and pepper to taste, let it sit for approximately 10 minutes.

In the meantime soak the dry mushroom in $\frac{1}{2}$ cup of warm water until soften, approximately 5 minutes.

Squeeze the water from the mushrooms and cut into thin slices.

Heat 1 tablespoon of olive oil, sautee the chicken until brown and place aside. In the same pan add 1 tablespoon olive oil and sautee the onion until slightly brownish, add the mushroom, remove and place it aside with the chicken. Again, in the same pan place the cabbage and carrot. Add salt and pepper to taste.

Once the vegetables are cooked, add the cooked chicken with the onion and mushroom to the cabbage and the cilantro. Remove from the heat and add the sesame oil.

Place the chicken filling in the middle of the sprig roll wrap

and fold like you wrap a burrito.





Did you know that shitake mushrooms are native of China? Now is cultivated and consumed in many countries beside Asia. Studies suggest that shitake mushroom contain certain chemicals that may be beneficial for human health which include anti-tumor properties.

***Thank you for stopping by Simple Recipes and have
a great week!***