

# Mediterranean Chicken Lettuce Wraps



## SHORT STORY

The Mediterranean flavors in this lettuce wrap mesh together to create a deliciously-satisfying midday meal. Wrap this paleo-friendly lunch option for here or to go!

**TIME**

30 Min

**SERVES**

2 people

**COOK**

Stove

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## INGREDIENTS

### Chicken

- 6 boneless, skinless chicken tenders
- 1 tsp. cumin
- 1 tsp. cayenne
- 1 tsp. rosemary
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1 Tbsp. olive oil

### Avocado Tomato Garnish

- 1 tomato
- 1 avocado
- 1/4 red onion
- crumbled goat cheese
- 1 Tbsp. olive oil
- 1 Tbsp. lemon juice
- salt, to taste
- pepper, to taste

### Garlic Drizzle

- 2 garlic cloves
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 1 cup whole milk plain yogurt (or dairy-free alternative)
- 1 Tbsp. lemon juice

### Base and Topping

- red leaf lettuce, separate the leaves
- 1 spoonful of hummus
- crushed pistachios or almonds (optional)

## INSTRUCTIONS

### Prep

1. Wash and dry the lettuce leaves.
2. Heat your skillet over medium heat and drizzle in the olive oil. Cut the chicken tenders into bite-sized pieces and add them into the pan. While the chicken cooks, sprinkle in the cumin, cayenne, rosemary, garlic powder, and onion powder. Stir occasionally for about 10 minutes, or until the chicken turns golden-brown.

### For the Avocado Tomato Garnish

3. Chop all of the ingredients and place them into a bowl.
4. Add the crumbled goat cheese, olive oil, lemon juice, salt, and pepper. Mix well.

### For the Garlic Drizzle

5. Mince the garlic and scoop it into a small bowl.
6. Stir in the yogurt, lemon juice, salt, and pepper.

### For the Garnish

7. Flatten out the lettuce leaves and add a layer of hummus. Then top with the chicken and a spoonful of the avocado tomato garnish. Drizzle the garlic sauce and sprinkle crushed pistachios or almonds over your lettuce wrap and enjoy!