



Napa Cabbage Spring Roll



Ingredients

6 Napa Cabbage Leaves 2 Bunches of Cilantro
1 Red Pepper Light Soy Sauce
1 Green Pepper Stone Ground Mustard
1 Yellow Pepper Rice Wine Vinegar
1 Jicama 1 Can of Coconut Milk
1 Medium Carrot Extra Virgin Olive Oil
1 Chicken Breast

Marinade for Vegetables

2 oz. Stone Ground Mustard 2 oz. Rice Wine Vinegar
2 oz. Light Soy Sauce 3 oz. Extra Virgin Olive Oil

Marinade for Chicken

3 oz. Coconut Milk 1 oz. Rice Wine Vinegar
1 oz. Cilantro Stems 3 oz. Extra Virgin Olive Oil

Instructions

- 1.** Take half of the peppers and slice them. Remove the middle stem. Peel and cut the carrots and jicama into 2 inch pieces. Cut all vegetables into julienne. Set vegetables aside.
- 2.** Grab your ingredients for the vegetable marinade and mix together until well blended. Add your vegetables and set aside in a wrapped bowl or container.
- 3.** Clean the fat off the chicken breast and slice it in half.
- 4.** Grab your ingredients for the marinade and combine together. Once combined, add your chicken breast and marinade. Wrap tight in a bowl or container and set aside.
- 5.** Blanch and shock the Napa cabbage leaf for twenty seconds (Blanch and shock to quickly cook an ingredient in hot water, then transfer to cold water to stop the cooking process).
- 6.** Next, take a hot skillet on medium heat, and add some Extra Virgin Olive Oil. Once the pan is lightly smoking, add the chicken breast, placing away from you.
- 7.** Cook on one side for 6 minutes then flip over and do the same on the other side. Once chicken breast is firm to the touch and lightly golden brown, let it rest.
- 8.** Next, lay the Napa cabbage down, lightly strain and add the vegetables; place a little in each. Cut your chicken into strips, add it to the Napa cabbage, and slowly roll the leaf.
- 9.** Enjoy!



Serves: Prep time: Cook time:

3

15 mins

30 mins