

Thai Chicken Strips in Romaine ?

Cooking Instructions

This dish has 3 parts: Chicken, Sauce, and Fresh Romaine.

Fresh Romaine: Rinse romaine leaves and pat dry.

QuickThaw: QuickThaw chicken and sauce by submerging well-sealed bags in water for about 15 minutes, until thawed. Shake sauce packet to mix well. Sauce should be drizzled over cooked chicken strips just before serving.

Cooking Method – Choose One:

Pan Sauté: Heat a little oil in a skillet over medium heat. Sauté chicken strips until internal temp reaches 165°F. See serving suggestions.

Grill: Grill strips over medium heat until internal temp reaches 165°F. See serving suggestions.

Internal temp: 165°F.

Serving Suggestions: Serve strips in lettuce leaves and drizzle with peanut sauce. Merlot.

Please Note: Cooking times are estimates and vary based on your actual oven, stovetop, grill, or slow cooker, as well as item thickness and starting temperature. For best results, always verify the internal temperature of your meals. We recommend instant-read pocket thermometers – they are inexpensive, convenient, and very easy to use.



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