BBQ Chicken Taco Lettuce Wraps (AIP)

Active Time: 10 minutes | **Total Time:** 1.5 hours | **Serves:** 8

Nutrition Information Per Serving

398.7 calories, 7.67 g carbohydrate, 1.05 g fiber, 6.62 g NET carbs, 28.82 g protein, 27.36 g fat

Ingredients

- 8 tbsp(s) KC Natural Paleo AIP Barbecue Sauce
- 1 Tbsp coconut oil
- 2 Tbsp(s) lemon juice
- 6 clove(s) garlic, peeled
- 1/2 tsp(s) sea salt
- 1 1/2 cup(s) organic chicken broth
- 1 tsp dried thyme
- 1/4 cup(s) sliced mango
- 2 head(s) romaine lettuce, leaves separated
- 1 whole - 4lb. pastured chicken

Preparation

1. Rub thyme and salt over outside of bird.
2. Heat oil in the pressure cooker to shimmering. Add chicken, breast side down and cook 6-7 minutes.
3. Flip the chicken and add broth, lemon juice and garlic cloves.
4. Lock pressure cooker lid and set for 25 minutes on high. Let the pressure cooker release naturally.
5. Remove from pressure cooker and let stand for 10 minutes before carving.
6. Preheat oven to 200. Shred chicken into a shallow baking dish. Top with BBQ sauce and stir to cover. Cover with a lid and place in the oven for 10 minutes, or until warm.
7. Serve in lettuce wraps with diced mango.

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