

Chicken Lettuce Wraps

4
Serves

10 minutes
Prep

10 minutes
Cook

INGREDIENTS

- 1 Tbsp olive oil
- 1 lb (455 g) ground chicken
- 2 cloves garlic, minced
- 1 onion, diced
- ¼ cup hoisin sauce
- 2 Tbsp reduced-sodium soy sauce
- 1 Tbsp rice wine vinegar
- 1 Tbsp freshly grated ginger
- 1 Tbsp Sriracha (optional)
- 1 can (227 ml) whole water chestnuts, drained and diced
- 2 green onions, thinly sliced
- Salt and black pepper, to taste
- 1 head butter lettuce, leaves separated

METHOD

1. Heat the oil in a large skillet over medium-high heat. Add the chicken and break it up as it browns, 3 to 5 minutes. Drain off any extra fat.
2. Stir in the garlic, onion, hoisin, soy sauce, vinegar, ginger and Sriracha. Cook 1 to 2 minutes, until the onion turns soft and clear.
3. Add the water chestnuts and green onions and cook 1 to 2 minutes more. Season with salt and pepper.
4. Spoon a few tablespoons of the warm filling into each lettuce leaf, wrap and eat. Don't overfill or they get messy.

Toppings: Sesame seeds or crispy rice noodles, if you like.

Leftovers: Keep the filling and lettuce separate. The filling freezes for up to 3 months.