

Minty Thai Chicken Salad

Lettuce Wraps FIT

Serving size: 3 each

Makes 5 servings

- 1 ½ tsp Canola Oil
- 1 ½ tsp Red Pepper Flakes
- ¼ tsp Paprika, ground
- 3 TBSP Onion, diced
- 1 ½ tsp Lemongrass, minced
- 12 oz Ground Chicken Breast, skinless
- 1 tsp Brown Sugar
- 2 TBSP Fish Sauce
- ½ each English Cucumber, julienned
- 1 Roma Tomato, seeded julienned
- 3 TBSP Lime Juice
- 2 each Makrut Lime Leaves, julienned
- ½ cup Green Cabbage, shredded
- ¼ cup Mint, fresh
- 15 each Lettuce leaves
- 15 each Cilantro Sprigs

Preparation:

1. Heat oil in a sauté pan. Add chili flakes and paprika, cook for 10 seconds. Add onion and lemongrass, cook until softened.
2. Add chicken, brown sugar, and fish sauce. Cook until chicken internal temperature reaches 165°F.
3. In a bowl combine the chicken mixture, cucumbers, tomatoes, lime juice, lime leaves, green cabbage and mint leaves. Chill mixture.
4. Fill each lettuce leaf with 1/4 cup of chicken mixture. Garnish each lettuce wrap with a sprig of cilantro.



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Recipe

NUTRITION FACTS PER SERVING

calories	120
total fat (g)	3
saturated fat (g)	<1
trans fat (g)	0
sodium (mg)	470
total carbohydrate (g)	5
dietary fiber (g)	1
sugar (g)	3
protein (g)	17