



## ASIAN CHICKEN LETTUCE WRAP

*Refreshing and flavorful appetizer served with our own Hoi Sin Sauce*

**Nutrition Facts Per 100 Grams of Chicken:** Calories 222, Protein 27g, Carbs 18g, Fat 5g

Cooking process and additional ingredients added at home will affect the total value.

**Preparation Time: 20 min, Cooking Time: 15 min**



## INGREDIENTS

Marinated Ground Chicken Breast  
(700 grams)  
Mushroom, Lettuce  
Water Chestnut  
Onion, Green Onion

Coriander Leave  
Coconut Oil, Stir Fry Mix  
Hoi Sin Sauce Mix (Soy Sauce, Chili  
paste, garlic, Spices, Vinegar & Peanut  
Butter, Sesame oil & Honey)  
Corn Starch

# METHOD

## **Hoi Sin Sauce: Prepare & cool to room temperature**

1. Dissolve provided corn starch in a tablespoon of cold water & keep handy.
2. Shake sauce ingredients then pour in a saucepan over medium heat.
3. Whisk frequently to ensure homogeneity, when sauce boils, mix the starch again to homogenize then gradually pour into the boiling sauce while whisking thoroughly.
4. When thick & bubbly remove from heat, cool to room temperature then spoon to serving bowl.

## **Cooking the Chicken: Wok highly recommended. If not, skillet or pot will do.**

5. Place the wok over high heat, when hot add the oil & swirl to heat.
6. Add marinated chicken & stir to prevent sticking, brown all over. Do not allow to burn. Add onions & continue cooking until translucent.
7. Add Mushrooms & continue cooking over high heat stirring when needed until all water evaporates.
8. Add water chestnut & toss for 30 seconds.
9. Add the stir fry mix & toss to mix. Continue tossing until almost all liquid has evaporated.
10. Remove from heat & toss with half the provided spring onions & coriander leaves. Transfer to serving plate.
11. Place condiments (cooled sauce, lettuce leaves & the remaining coriander leaves & spring onion) in bowls & plates & arrange around the chicken plate.
12. To serve: take a lettuce leaf, fill with some of the cooked chicken, top with some coriander leaves & spring onion add sauce as desired, fold in the two sides, roll & enjoy.