

#LetsCook30

ASIAN CHICKEN LETTUCE WRAPS

Serves: 4

Ready in about: 20 minutes

Sauce:

1/3 cup	hoisin sauce
2 tbsp	rice vinegar
2 tbsp	soy sauce
1 tsp	sesame oil
1 – 2 medium cloves	garlic, minced
1 tbsp	ginger, minced

Nutrition Tip

To reduce the salt in this recipe, we used reduced sodium soy sauce.

Filling:

2 tsp	olive oil
1 lb (454 g)	ground chicken
1 small	onion, diced
1/2 small	zucchini, minced
4 medium	cremini or shiitake mushrooms, minced
1 head	Boston lettuce, leaves separated

Optional garnishes: sesame seeds, toasted, cucumber strips, green onions, chopped, fresh cilantro

INSTRUCTIONS:

1. In a small bowl, whisk together sauce ingredients and set them aside while you prepare the filling.
2. Heat oil in a medium frying pan over medium heat. Add chicken. Cook and stir until chicken is lightly browned, breaking apart any large chunks of chicken.
3. Add onions, zucchini and mushrooms. Cook until vegetables are tender, about 3 minutes.
4. Add sauce and cook, stirring until sauce is heated through. Remove chicken mixture from heat.
5. To serve, place a spoonful of filling onto a lettuce leaf (layer two leaves if they're on the small side) top with garnishes, fold sides over and enjoy.

Source: Yum and Yummer. Ridiculously tasty recipes that'll blow your mind, but not your diet! Greta Podleski. 2017

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