



Tangy Chicken Lettuce Cups

This recipe makes a greater starter or lunch. For a more substantial meal add some cooked rice to the mince and double the lettuce quantity.

Serves 4

Ingredients

- 1 iceberg lettuce
- 2 garlic cloves, finely chopped
- 3cm fresh ginger, grated
- 2 spring onions, finely diced
- 500g chicken mince (turkey works too)
- 1 celery stick, diced
- 1 green bell pepper, diced
- 1 can (220g) water chestnuts, finely chopped
- 1 tbsp dark soy sauce
- 2 tbsp oyster sauce
- 1 tsp honey



Method

1. Delicately wash the lettuce leaves, aiming to keep them whole and intact before gently drying
2. Add the garlic, ginger and spring onions to a frying pan over a medium, high heat until the flavours begin to become aromatic
3. Add the chicken/turkey mince and cook until fully browned
4. Empty the frying pan contents onto a plate and return back to the heat. Add in the chopped water chestnuts, celery and pepper and cook over a medium heat until softened
5. Add the soy sauce, oyster sauce and honey to the pan before returning the mincemeat. Simmer until the liquid has reduced before serving immediately onto the lettuce leaves
6. Wrap up and enjoy!

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