



Category (Main Dishes)

## Asian Chicken Lettuce Wraps

<http://www.melskitchencafe.com/asian-chicken-lettuce-wraps-quick-and-delish/>

Submitted by (Kathy Worrell)

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| <p><b><u>Recipe</u></b></p> <ul style="list-style-type: none"> <li>• 1 1/2 cups water</li> <li>• 1 cup short grain rice (i.e. sushi rice), rinsed</li> <li>• 1/2 teaspoon salt</li> <li>• 2 tablespoons fish sauce</li> <li>• 1 tablespoon reduced-sodium soy sauce</li> <li>• 3 tablespoons fresh lime juice plus 2 teaspoons fresh lime zest (from about 3-4 limes)</li> <li>• 1 1/2 tablespoons brown sugar</li> <li>• 1 teaspoon cornstarch</li> <li>• 1 pound ground chicken</li> <li>• 2 teaspoons vegetable or canola oil</li> <li>• 1 jalapeno stemmed, seeded, and minced (leave in the seeds if you like more heat)</li> <li>• 1/4 cup chopped fresh basil</li> <li>• 3 green onions, finely chopped</li> <li>• 12 Bibb or Boston lettuce leaves (about 1 head), washed</li> </ul> | <p><b><u>Directions</u></b></p> <p>In a medium saucepan, bring the water, 1/2 teaspoon salt, and rice to a boil high heat. Cover, reduce the heat to low, and cook for 10 minutes. Remove the rice from the heat and let sit, covered, until tender, another 10-15 minutes.</p> <p>Whisk the fish sauce, soy sauce, lime juice, brown sugar, and cornstarch together in a small bowl and set aside.</p> <p>Heat the oil in a 12-inch nonstick skillet over medium heat until shimmering. Add the chicken, jalapeno, and lime zest and cook, breaking up the meat into small pieces with a wooden spoon, until the chicken is no longer pink, about 5 minutes.</p> <p>Whisk the fish sauce/lime mixture to recombine; add it to the skillet and cook over medium-high heat, stirring constantly, until the sauce has thickened, a minute or two. Off the heat, stir in the fresh basil and scallions. To serve, open up a lettuce leaf, place a small scoop of rice on the bed of lettuce and top with some of the warm chicken mixture.</p> |
| <p><b><u>Side dish</u></b></p> <p>(Optional: Any suggestions of foods that might go well with the main dish.)</p>  | <p><b><u>Tips/Helpful hints</u></b></p> <p>(Any ideas that might be helpful to know when making this recipe.)</p>   |