Chicken Lettuce Wrap Recipes

Easy | 4 servings | Prep 15 min | Cook 15 min

At a glance

Crisp lettuce cups hold a savory ground chicken and vegetable filling.



FINISHED SERVING

Ingredients

1 lb (450 g) ground chicken
1 tbsp (15 ml) olive oil
1 carrot (75 g), grated
1 bell pepper (150 g), finely diced
2 garlic cloves, minced
2 tbsp (30 ml) alcohol-free soy sauce
1 tbsp (15 ml) lime juice
8 large lettuce leaves

Method

1. Wash and dry lettuce and prepare vegetables.
2. Heat oil; add ground chicken and break into small crumbles.
3. Add carrot, pepper and garlic; cook 8-10 minutes until ground chicken reaches 165°F (74°C).
4. Stir in soy sauce and lime juice; simmer 1 minute.
5. Divide among lettuce leaves just before serving.

Cook and store safely

Doneness: Verify chicken reaches 165°F (74°C) in the thickest part with a food thermometer, away from bone. Time is an estimate.

Tip: Dry lettuce well and fill only at serving.

Storage: Refrigerate in shallow covered containers within 2 hours, or within 1 hour above 90°F (32°C). Keep at 40°F (4°C) or below and use within 3-4 days. Include any prior storage time of cooked chicken.

Original recipe formulation; not kitchen-tested.