

Merrifield Garden Center

Recipes

Asian Chicken and Lettuce Cups

By Merrifield Chef Lilienne Conklin

Ingredients

*1 clove minced or grated garlic
1 teaspoon minced or grated ginger
1 tablespoon rice wine vinegar
1 tablespoon hoisin sauce
2 tablespoons soy sauce
2 tablespoons fresh squeezed lime juice
1 teaspoon sugar or stevia
1 tablespoon sesame oil
1 diced red bell pepper
½ cup diced celery
½ cup diced water chestnuts
Drizzle of chili oil
2 heads of butter lettuce
Chopped peanuts (roasted and unsalted)
Bean sprouts
Lime wedges
Fresh mint, cilantro, thai basil and chives
1 pound ground chicken breast (ground turkey breast is a perfectly acceptable substitute)*

Directions

In a small mixing bowl, combine vinegar, hoisin, soy, lime juice and sugar - and mix well. Heat sesame oil in a skillet over medium heat. Add the ginger and garlic - and saute until just fragrant. Add the chicken meat and break up with a wooden spoon. Cook the meat until well browned, then add the pepper and celery - and cook until vegetables are just tender. Add the water chestnuts and reserved liquid - and cook until it's all evaporated (about three minutes).

To serve, spoon the chicken mixture into lettuce cups and garnish with the fresh herbs, sprouts, peanuts and fresh lime. This will fill about 10 lettuce cups, but it can be made into very small portions for appetizers or larger portions for a light dinner.