



Lettuce Wraps

(serves 4)

Recipe by Chef of Khoo Teck Puat Hospital

INGREDIENTS

- 8 Butterhead lettuce leaves (wash & drain dry)
- 300g lean chicken meat, coarsely minced
- 2 cloves garlic, minced
- 1 tbsp light soya sauce
- 1 tsp sugar
- ¼ tsp pepper
- 1 tbsp cooking oil

METHOD:

1. Marinate the coarsely minced chicken meat with soya sauce, sugar, and pepper in a mixing bowl for 15 minutes.
2. Heat the cooking oil in a frying pan, add in garlic and fry until fragrant.
3. Add the seasoned minced chicken meat and continue to stir fry over high heat for 4 minutes until cook through.
4. To assemble lettuce wrap, spoon the cook chicken meat onto each lettuce leaf.
5. Roll it up and enjoy!