



Thai Chicken Lettuce Cups

Serves: 4

Cooking Time: 30 minutes

Ingredients

- 50g rice vermicelli noodles
- 1 1/2 teaspoons cornflour
- 2 tablespoons water
- 1 tablespoon olive oil
- 1 small (75g) carrot, peeled, cut into matchstick-size strips
- 1/2 red capsicum, sliced into matchstick-size strips
- 1 stalk celery, sliced into matchstick-size strips
- 4 cm piece (20g) fresh ginger, peeled, finely chopped
- 3 cloves garlic, crushed
- 1 (14g) fresh loose long red chilli, finely chopped (optional)
- 400g lean chicken mince
- 1 1/2 tablespoons salt reduced oyster sauce
- 1 1/2 tablespoons salt reduced fish sauce
- 40g fresh bean sprouts
- 12 cos lettuce leaves (about 1/2 lettuce)
- 1/2 lime, cut into 4 thin wedge
- Fresh coriander

Method

- Bring a large saucepan of salted water to a boil over high heat. Add in the vermicelli and cook, stirring often, for about 1-2 mins or until barely tender.
- Drain and rinse under cold water until cooled.
- Stir the cornflour and 2 tablespoons water in a small bowl to blend.
- Heat a wok or large heavy-based non-stick frying pan over medium-high heat. Add the oil, then add the carrot, capsicum, celery, ginger, garlic, and chilli and cook for about 1 min.
- Add the mince and cook, breaking it up with a spoon until almost cooked.
- Stir in the oyster sauce, fish sauce, and cornflour mixture.
- Cook for about 1-2 mins to allow the flavours to blend and the sauce to simmer and thicken slightly. Fold in the bean sprouts.
- Divide the vermicelli among the lettuce cups.
- Add the mince mixture.
- Garnish with the coriander, and serve with the lime wedges.

