CHINESE · DINNER

Asian Chicken Lettuce Wraps

35 min · Serves 4 · 340 kcal a serve · Video 3:29 · The Stay At Home Chef

No dairy listed · No nuts listed

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About 25 g of protein per serve, mostly from chicken thigh, and the cabbage, onion, water chestnuts and lettuce add crunch and volume for few calories. The hoisin and soy make it salty (about 1,400 mg sodium a serve).

Diet notes: Low saturated fat (3.7 g, 9.7% of the energy); Gluten-free with a swap: Use tamari and a gluten-free hoisin sauce.

Ingredients 15 · SERVES 4

- [ ] 2 tbsp **sesame oil**
- [ ] 450 g **boneless skinless chicken thighs**, trimmed and finely cubed (or ground chicken)
- [ ] 1 tsp **salt**
- [ ] 1 tsp **pepper**
- [ ] 1 medium **yellow onion**, diced
- [ ] 1 × 230 g can whole **water chestnuts**, drained and finely chopped
- [ ] 70 g shredded **cabbage**
- [ ] 1 tsp minced **ginger**
- [ ] 1 tsp minced **garlic**
- [ ] 80 ml **hoisin sauce**
- [ ] 1 tsp **Asian chilli garlic sauce**
- [ ] 1 tbsp **soy sauce**
- [ ] 1 tbsp **rice vinegar**
- [ ] 1 head **butter lettuce**, leaves separated
- [ ] 50 g sliced **green onions**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Sesame, Soy. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Mix the hoisin, chilli garlic sauce, soy sauce and rice vinegar in a small bowl. 2:15
2. Heat the sesame oil in a large skillet or wok over medium heat. Add the finely cubed chicken (or mince), season with salt and pepper and cook 6–8 minutes, stirring, until browned and cooked through. 1:19
3. Add the onion and sauté 3–4 minutes, then stir in the water chestnuts, cabbage, garlic and ginger and cook 5 minutes. 1:37
4. Pour in the sauce and cook everything together for another 5 minutes. 2:34
5. Spoon into butter lettuce cups and scatter with green onions. 2:48

> **Tip** Serves 4 (her written recipe; it also works as a starter). Ground chicken or turkey can replace the thighs. The filling freezes for up to 3 months; keep the lettuce separate. Add rice for a bigger meal.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
340 kcal 1,420 kJ	25 g 50% of a day	21 g 18 g net · 11 g sugars 8% of a day

FIBRE	FAT	SODIUM
3.8 g 13% of a day	17 g 3.7 g saturated 22% of a day	1,380 mg 60% of a day

Energy from net carbs 22% · protein 31% · fat 47% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin K 69% · Selenium 39% · Vitamin B6 28% · Zinc 24% · Folate 22% · Vitamin A 21% · Vitamin B12 21%

Source of (10–19%) Vitamin C 17% · Iron 13% · Potassium 12% · Magnesium 12%

⚠ One serve has about 60% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: The Stay At Home Chef (@thestayathomechef) on YouTube — youtube.com/watch?v=KRz0tJ-bDRw, published 24 September 2023. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/asian-chicken-lettuce-wraps-hoisin