

Chinese Chicken Lettuce Wrap

A low-carb breakfast dish with a Chinese twist, featuring tender chicken, melted cheese, and crisp lettuce wrapped in a flavorful egg omelette.



Breakfast Dish

Chinese

20 min

Total time

Easy

Difficulty

380

kcal / serving

Ingredients

- 2 slices of low-carb bread
- 1/2 cup shredded cheese
- 1 small chicken breast, cooked and shredded
- 2 eggs
- 4 large lettuce leaves

Steps

- 1 Toast the low-carb bread slices.
- 2 Sprinkle shredded cheese on one slice of bread and place the cooked chicken on top.
- 3 Cover with the other slice of bread to make a sandwich.
- 4 In a bowl, beat the eggs and season with salt and pepper.
- 5 Heat a non-stick skillet over medium heat and pour the beaten eggs into the pan, swirling to create a thin omelette.
- 6 Cook until the omelette is set, then carefully transfer it onto a plate.
- 7 Place the lettuce leaves on top of the omelette.
- 8 Open the sandwich and place the filling on top of the lettuce.
- 9 Roll the omelette and lettuce tightly to form a wrap.
- 10 Slice the wrap in half and serve.