

Lettuce Wrap Delight

A fresh and vibrant main dish featuring crisp lettuce wraps filled with savory chicken and vegetables, perfect for a light yet satisfying meal. This dish is not only healthy but also easy to prepare, making it ideal for any occasion.



Main Dish

15 min

Total time

easy

Difficulty

250

kcal / serving

Ingredients

- 1 large Romaine lettuce leaf
- 100g cooked chicken breast, shredded
- 1/4 cup diced bell peppers (any color)
- 1/4 cup grated carrots
- 1 tablespoon soy sauce
- 1 teaspoon sesame oil
- 1 teaspoon chopped fresh cilantro
- Salt and pepper to taste

Steps

- 1 Start by washing the Romaine lettuce leaf thoroughly and pat it dry.
- 2 In a bowl, combine the shredded chicken, diced bell peppers, grated carrots, soy sauce, sesame oil, and chopped cilantro.
- 3 Season the mixture with salt and pepper to taste.
- 4 Spoon the chicken and vegetable mixture into the center of the lettuce leaf.
- 5 Carefully fold the lettuce around the filling to create a wrap.
- 6 Serve immediately, enjoying the fresh crunch and flavor.