

Zesty Lettuce Wraps with Grilled Chicken

These refreshing lettuce wraps are filled with tender grilled chicken, vibrant veggies, and a tangy dressing, making for a satisfying and healthy main dish. Perfect for a light lunch or dinner, they are easy to prepare and packed with flavor.



Main Dish

15 min

Total time

easy

Difficulty

350

kcal / serving

Ingredients

- 1 large lettuce leaf (Romaine or Butter)
- 100g grilled chicken breast, sliced
- 1/4 cup shredded carrots
- 1/4 cup cucumber, sliced
- 1/4 avocado, sliced
- 1 tablespoon soy sauce
- 1 teaspoon sesame oil
- 1 teaspoon lime juice
- Salt and pepper to taste

Steps

- 1 Season the grilled chicken slices with salt, pepper, and a drizzle of soy sauce.
- 2 In a small bowl, mix the sesame oil and lime juice to create a dressing.
- 3 Lay the large lettuce leaf flat on a plate.
- 4 Layer the grilled chicken, shredded carrots, cucumber, and avocado on the lettuce.
- 5 Drizzle the dressing over the fillings.
- 6 Carefully fold the lettuce leaf around the fillings to create a wrap.
- 7 Serve immediately and enjoy your fresh lettuce wrap!