



# Satay Chicken Lettuce Cups

Fresh and easy chicken lettuce wraps with all the trimmings, and tasty satay sauce by Turban Chopsticks. Great for an easy dinner with family and friends!







You can serve these lettuce cups with rice or noodles if you are after a more filling meal or are feeding extra people. If you have any peanuts or fresh herbs (coriander or mint work well!) you can use them to garnish.

PROTEIN TOTAL FAT CARBOHYDRATES

36g

#### FROM YOUR BOX

CHICKEN STIR FRY STRIPS	300g
SATAY PEANUT SAUCE	1 jar
BABY COS LETTUCE	1
RADISHES	1/2 bunch *
CELERY STICK	1
SPRING ONIONS	1 *
CARROT	1

<sup>\*</sup>Ingredient also used in another recipe

#### FROM YOUR PANTRY

oil for cooking, salt and pepper, curry powder

#### **KEY UTENSILS**

frypan

#### **NOTES**

To reduce the spiciness of the radishes you can soak the slices in a bowl of water for 10-15 minutes.

Any leftover satay sauce can be kept and served with roast vegetables or stirred through yoghurt for a dressing!



## 1. COOK THE CHICKEN

Coat chicken in 1/2 tsp curry powder, oil, salt and pepper. Cook in a frypan over medium-high heat for 6-8 minutes until warmed through. Stir through 2 tbsp satay peanut sauce to coat. Take off heat.



## 2. PREPARE COMPONENTS

Separate and rinse lettuce leaves. Slice radishes, celery and spring onions (see notes). Julienne or grate carrot. Keep separate.



### 3. PREPARE DIPPING SAUCE

Add remaining sauce to a serving bowl. Loosen with **2 tbsp water** to reach a dipping consistency.



## 4. FINISH AND PLATE

Arrange chicken and fresh ingredients on a large serving platter for assembly at the table. Serve with satay peanut sauce for dipping.





