

Vietnamese Lettuce Wraps



These lettuce wraps make for a quick and easy low calorie light dinner or lunch and a great recipe for using up leftover chicken, beef, or pork in the fridge. Or use shrimp or fish for the filling, or for a vegan meal sub tofu in place of the meat or shrimp.

If using leftover chicken, pork, or beef remove any bones, skin and cartilage. You may shred the meat by hand, or to save time rough chop the meat and add to a food processor. Pulse until the meat has a coarse ground consistency.

Ingredients:

- 4 whole leaves of butter, green leaf or red leaf lettuce
- 1 cup shredded meat, chicken, or tofu
- 1 cup Frank's Pickled Peppers Daikon and Carrot pickle (Do Chua)
- 1-2 scallion, sliced
- 1 small cucumber, sliced
- ½ cup Frank's Pickled Peppers Mango Chutney
- 6-8 fresh mint leaves,
- 2 tbsp roasted crushed peanuts, chopped (optional)

Directions:

Arrange lettuce leaves on a plate or platter.
Divide veggies equally among the wraps, add shredded meat or chicken.
Add scallions, torn mint leaves and peanuts.
Add chutney or use chutney as a dipping sauce for the wraps.

Serve immediately

Serves 4