

Recipe Name Larb Gai (Thai Lettuce Wraps) - serves 4 -6 as an appetizer

Ingredients:

- 1 lb. ground organic chicken or turkey
- ½ red onion, cut into quarters and finely sliced
- 1-2 serrano chilis, cored (seeds removed) and finely chopped
- 1 tsp. dried red pepper flakes
- 4 tsp. lemongrass paste (can sub 1 fresh lemongrass stalk if in season)
- 2 Tbs + ½ tsp. fish sauce
- 2 Tbsp. avocado oil
- 1 Tbsp. minced garlic
- 1 Tbsp. minced ginger
- 2 tsp. coconut sugar
- 3 Tbsp. lime juice
- 3 Tbsp. water
- 2 ½ tsp. cornstarch
- 1/3 cup chopped cilantro
- 1/3 cup chopped mint
- 1 head butter lettuce for serving

Directions

1. Separate leaves from lettuce head and clean, ensuring no dirt remains between leaves. Set aside. If done ahead of time, place cleaned lettuce leaves in a container with a dry paper towel to absorb extra moisture.
2. Place water and cornstarch in a small bowl and stir until cornstarch is incorporated into a slurry. Add lime juice, fish sauce and coconut sugar and mix to combine. Set aside.
3. Heat avocado oil in a wok or large heavy pan over medium heat. Add ginger, garlic, lemongrass paste and chili peppers and sauté for about 30 seconds until fragrant. Do not allow spices to burn.
4. Add ground organic chicken and turn up the heat to high. Cook the chicken through, breaking it up into small pieces with a wooden spatula as you go.
5. Once the chicken turns white and you no longer see any pink, stir sauce, and add it to the chicken. Cook for about 1 minute to coat the chicken and to allow the sauce to thicken.



6. Remove wok from heat. Add onion, cilantro, and mint, tossing to combine.
7. Serve family style with extra herbs, peppers, and lime on the side OR scoop filling into each lettuce leaf and place decoratively on a platter with garnishes on the side.

RECIPE

Nutrition Facts

Servings: 6

Amount per serving

Calories **176**

% Daily Value*

Total Fat 6.3g **8%**

Saturated Fat 1.7g **8%**

Cholesterol 67mg **22%**

Sodium 547mg **24%**

Total Carbohydrate 5.9g **2%**

Dietary Fiber 1.1g **4%**

Total Sugars 2.7g

Protein 22.8g

Vitamin D 0mcg 0%

Calcium 28mg 2%

Iron 3mg 17%

Potassium 333mg 7%

**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.*

Recipe analyzed by **verywell**