Sesame Chicken Lettuce Cups

Servings	1
Preparation Time	5 Mins
Cooking Time	15 Mins
Total Time	20 Mins

Nutrition Information

Calories	287.00
Protein	23.60
Protein Serve	1.50
Carbohydrates	6.50
Fat	17.30

Ingredients

- 25.00 g Carrot (finely sliced)
- 60.00 g Chicken (diced)
- 1.00 tsp Coriander (fresh)
- 60.00 g Cos Lettuce (large leaves)
- 1.00 tsp Olive Oil
- 20.00 g Sesame Seeds
- 1.00 tsp Soy Sauce (salt reduced)
- 20.00 g Spring Onion (sliced)

Instructions

1. Heat olive oil in a non-stick pan. Add diced chicken and cook for 10 minutes until chicken is browned.
2. Add spring onions, carrot, sesame seeds and soy sauce. Cook for a further 5 minutes.
3. Place large cos lettuce leaves onto a plate. Spoon chicken mix into the lettuce leaves.
4. Garnish with fresh coriander, and enjoy.