

Southeast Asian Chicken Larb with Mann's Shredded Brussels Sprouts in RomaCrunch® Cups

Servings

6

Calories

220

Prep Time

25 minutes

Total Time

35 minutes

Skill Level

Medium

Ingredients

- 2/3 cup fresh lime juice
- 1/3 cup fish sauce (Nam Pla)
- 1 tablespoon sugar
- 2 teaspoons Thai roasted chili paste in oil or chili-garlic sauce
- 3/4 cup canned chicken broth, low-salt
- 1 1/2 pounds chicken, ground
- 2 cups Mann's Shredded Brussels Sprouts
- 1 cup green onions, thinly sliced
- 3/4 cup shallots, thinly sliced
- 3 tablespoons fresh lemongrass, minced
- 1 tablespoon Thai chilies or serrano chilies, thinly sliced
- 1/2 cup fresh cilantro leaves, chopped
- 1/3 cup fresh mint leaves, chopped
- 2 heads Mann's RomaCrunch® lettuce



The Method

Whisk first 4 ingredients in medium bowl to blend; reserve sauce. Bring broth to simmer in a heavy large skillet over medium heat. Add chicken. Simmer until cooked through, breaking up meat with a spoon, about 8 minutes. Add green onions and next 4 ingredients. Stir until vegetables are tender and most of liquid has evaporated, about 4 minutes. Remove from heat. Stir in sauce, cilantro and mint. Season with salt and pepper. Spoon into RomaCrunch leaves and serve.

Nutrition Facts

Serving Size: 389g | Servings: 4

Amount Per Serving

Calories 470 | Total Fat 9g (sat fat 4 trans 0g) | Cholesterol 80mg | Sodium 370mg | Total Carbohydrate 51g | Dietary Fiber 0g | Sugars 4g | Protein 36g | Vitamin D 0% | Calcium 15% | Iron 30% | Potassium 15%