



# Chinese Chicken and Cauliflower “Rice” Lettuce Cups

## Servings

6

## Calories

380

## Prep Time

10 minutes

## Total Time

22 minutes

## Skill Level

Medium

## Ingredients

- 1 (12 ounces) package Mann’s Cauliflower “Rice”
- 2 tablespoon vegetable oil
- 1 pound lean ground chicken
- ¼ teaspoon each salt and pepper
- 2 shallots, chopped
- 2 cloves garlic, minced
- 1 tablespoon fresh ginger, minced
- ¼ teaspoon red pepper flakes
- 2 green onions, finely sliced
- ¼ cup hoisin sauce, approximately
- 2 tablespoons soy sauce
- 2 tablespoons rice wine vinegar

### Assembly

- 8 Mann’s Better Romaine lettuce leaves
- ¼ cup fresh cilantro leaves
- ¼ cup toasted peanuts, toasted



## The Method

Cook Cauliflower “Rice” according to package instructions. Alternatively, cook in large pot of boiling salted water for about 2 minutes or until tender; drain well. Set aside.



# Chinese Chicken and Cauliflower “Rice” Lettuce Cups

Meanwhile, heat oil in large skillet set over high heat; cook chicken, salt and pepper for 2 to 3 minutes or until chicken starts to brown. Stir in shallots, garlic, ginger and red pepper flakes; cook for about 3 minutes or until chicken is cooked through. Stir in Cauliflower “Rice,” green onions, hoisin sauce, soy sauce and rice wine vinegar; cook for about 2 minutes or until sauce is thickened.

To serve, spoon ½ cup chicken mixture onto each lettuce leaf. Garnish with cilantro, peanuts and drizzle of hoisin sauce.

## **Tips:**

Substitute ground turkey, vegetarian ground round or soy crumbles for ground chicken if desired.

Substitute chopped cashews for peanuts if desired.

Serve with sriracha sauce for a spicy addition.

## **Nutrition Facts**

Serving Size: 349g | Servings: 4

### **Amount Per Serving**

Calories 380 | Total Fat 22g (sat fat 4.5g trans 0g) | Cholesterol 100mg | Sodium 980mg | Total Carbohydrate 22g | Dietary Fiber 4g | Sugars 9g (Includes 0g Added Sugars) | Protein 27g | Vitamin D 0% | Calcium 6% | Iron 15% | Potassium 25%