



kitchen collage

430 E. LOCUST STREET | DES MOINES, IA 50309 | (515) 270-8202

### **Thai Chicken Salad Lettuce Cups (*Larb Gai*)**

*Serves about 4*

A popular dish in Thailand, *Larb Gai*, is a minced meat based, stir-fried dish often made with chicken or pork (and also sometimes beef, duck, or fish) that is seasoned with fresh herbs, lime juice, fish sauce and Thai chilies. These lettuce cups are filled with bright, zingy flavors and are a great balance of sweet, spicy, sour, and savory. Enjoy *Larb Gai* as an appetizer, or even as a main course!

#### ***Dressing Ingredients:***

2/3 cup fresh lime juice  
2 tablespoons fish sauce  
4 tablespoons brown sugar  
1 tablespoon thinly sliced Thai chilies (or substitute with serrano chilies)

#### ***Stir-Fry Ingredients:***

2 tablespoons peanut oil  
2 pounds ground chicken  
1/2 cup shallots, minced  
1/2 cup green onions, sliced  
2 cloves garlic, thinly sliced  
3 tablespoons fresh lemongrass, minced  
1/4 cup fresh mint, chopped  
1/4 cup fresh cilantro, chopped  
3 kaffir lime leaves, cut in slices\* (or substitute with 1 tablespoon lime zest)

#### ***Garnishes for serving:***

1 bunch iceberg or romaine lettuce leaves  
1 carrot, grated  
1 cucumber, thinly sliced  
Fresh mint  
Fresh cilantro leaves

- (1) Whisk together the dressing ingredients until combined.
- (2) Prepare all of the herbs and aromatics for the stir-fry by chopping, mincing, slicing, and dicing.
- (3) Prepare the garnishes. Use a handheld mandoline to create very thin slices of cucumber. Grate a carrot. Wash and pluck leaves from cilantro and mint.

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(4) In a wok, heat the peanut oil, then add the ground chicken. Cook the chicken until fully cooked through, chopping it into small crumbles as you stir-fry it. Add in the shallot, green onions, garlic, and lemongrass, and stir-fry for another 3 to 4 minutes until the shallots begin to turn translucent.

(5) Pour the dressing over the warm chicken mixture. Heat until 1/2 of the liquid cooks off. Add the minced mint, cilantro, and lime leaves (or lime zest), and mix until combined.

(6) Serve the chicken mixture in individual lettuce leaves. Serve with garnishes of grated carrot, cucumber slices, and additional fresh mint and cilantro leaves.