

## **CHICKEN & GRAIN** **LETTUCE CUPS**

Gluten Free Dairy Free  
Low Chemical

**Makes 8**

### **Ingredients:**

- 500g chicken mince
- 2 pkts (250g) Sun Rice  
super grains active blend (brown rice, millet, quinoa & buckwheat)
- 1/3 cup pre-made choko chutney...see recipe on website
- 2 shallots (keep a little aside for decorating at the end)
- ½ cup mung bean sprouts
- 2/3 cup water
- 1/3 cup raw cashews
- 1 iceberg lettuce, core removed
- ¼ tsp iodised salt
- Rice bran oil for cooking

### **Method:**

- Chop the cashews and dry fry them in the frying pan before you start. Lightly brown them and set aside for the decoration at the end
- Heat the oil in a fry pan and brown the chicken mince and cook through
- Stir in the water, chutney and grains
- Reduce heat and simmer about 3-5 minutes or until the water is almost absorbed
- Add the shallot and bean sprouts and mix through
- Take the core out of the lettuce and carefully separate out 8 leaves for serving cups
- Spoon the mixture into the lettuce leaves and top with cashews and extra chopped shallot

### **Serve:**

- Straight away
- Store the meat mixture and take for lunches and spoon into the lettuce leaves before eating
- Wrap some meat in the lettuce leaf, then a rice paper, to take for lunches

