

Thai Chicken Lettuce Wraps - Fresh, Flavorful, and Perfectly Light

If you're craving something light yet bold, healthy but satisfying, these



TIME
30 min

PRINT
Recipe Card

SAVE
PDF

SOURCE
ChefManiac

INGREDIENTS

For the Chicken Filling:

- 1 lb ground chicken (or finely chopped chicken breast)
- 2 tbsp sesame oil (or vegetable oil)
- 1 small onion, finely chopped
- 2 garlic cloves, minced
- 1-inch piece of fresh ginger, grated
- 1 red bell pepper, finely diced
- $\frac{1}{2}$ cup grated or julienned carrots
- $\frac{1}{4}$ cup chopped fresh cilantro
- 2 green onions, chopped
- $\frac{1}{4}$ cup chopped peanuts (optional for crunch)
- 1 tbsp fresh lime juice

For the Thai Sauce:

- 3 tbsp soy sauce (or tamari for gluten-free)
- 1 tbsp fish sauce
- 1 tbsp hoisin sauce
- 1 tbsp peanut butter (optional)
- 1 tsp sesame oil
- 1 tsp honey or brown sugar (optional for sweetness)
- $\frac{1}{8}$ tsp red pepper flakes (optional for heat)

For Serving:

- Butter lettuce or iceberg lettuce leaves
- Extra cilantro and lime wedges for garnish
- Chopped peanuts and green onions (optional)

Step-by-Step Instructions:

- 1 Make the Sauce:
- 2 Cook the Chicken:
- 3 Add the Vegetables:
- 4 Combine with Sauce:
- 5 Assemble the Wraps:

Tips for Success:

Use firm lettuce like butter or iceberg that holds its shape well.

Prefer it spicy? Add a splash of sriracha or diced Thai chilies.

Don't skip the lime juice-it brightens the whole dish.

This also makes a great rice bowl or meal-prep lunch over quinoa or noodles.

DIRECTIONS

1. **Make the Sauce:** In a small bowl, whisk together soy sauce, fish sauce, hoisin, peanut butter (if using), sesame oil, honey or sugar, and red pepper flakes. Set aside.
2. **Cook the Chicken:** Heat sesame oil in a large skillet over medium-high heat. Add ground chicken and cook for 5-7 minutes, breaking it apart, until browned and fully cooked.
3. **Add the Vegetables:** Add chopped onion, garlic, ginger, bell pepper, and carrots to the skillet. Cook for another 3-4 minutes, stirring frequently, until the veggies soften slightly but remain crisp.
4. **Combine with Sauce:** Pour the prepared sauce over the chicken and veggies. Stir well to coat everything evenly. Cook for an additional 1-2 minutes to let the sauce thicken slightly. Remove from heat and stir in lime juice and fresh cilantro.
5. **Assemble the Wraps:** Separate and rinse lettuce leaves. Spoon the chicken mixture into the center of each leaf. Garnish with chopped peanuts, green onions, and more cilantro. Serve with lime wedges for extra zing!
6. **Tips for Success:** Use firm lettuce like butter or iceberg that holds its shape well.
7. **Prefer it spicy?** Add a splash of sriracha or diced Thai chilies.
8. **Don't skip the lime juice-**it brightens the whole dish.
9. **This also makes a great rice bowl or meal-prep lunch over quinoa or noodles.**
10. **Serving Suggestions & Pairings:** These wraps are great on their own, but for a more complete meal, pair with:

11. Blueberry : Lemonade for a refreshing, fruity contrast
12. Tangy : Chicken Salad as a bright, citrusy side
13. No-Bake : Monster Cookie Energy Balls for a protein-packed sweet treat
14. One-: Pan Breakfast Bake for a brunch-style pairing
15. Or, for a comfort food contrast, try : Dorito Casserole for your next fusion dinner night
16. Make-Ahead & Storage Tips: Fridge: Store chicken filling in an airtight container for up to 4 days.
17. Lettuce: Keep leaves wrapped in damp paper towels in a sealed container.
18. Meal : Prep: Pack chicken, toppings, and lettuce separately for grab-and-go lunches.
19. More Light & Flavorful Meals You'll Love: If you're into quick, fresh, and globally-inspired dishes, check out:
20. Light : Tangy Chicken Salad - bright, clean, and crave-worthy
21. Blueberry : Lemonade - perfect for pairing
22. No-Bake : Monster Cookie Energy Balls - sweet, nutty, and snackable
23. Final Thoughts: These Thai Chicken Lettuce Wraps are the kind of meal that feels both exciting and nourishing-big flavor, fresh ingredients, and endless ways to customize. Whether you're serving them as a weeknight dinner or party appetizer, they're guaranteed to impress.
24. Tried them? Snap a pic and tag it! Follow along at ChefManiac for more globally-inspired recipes that are easy, healthy, and full of flavor.

TIPS FOR SUCCESS

Use firm lettuce like butter or iceberg that holds its shape well.

Add a splash of sriracha or diced Thai chilies.

Don't skip the lime juice-it brightens the whole dish.

This also makes a great rice bowl or meal-prep lunch over quinoa or noodles.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/thai-chicken-lettuce-wraps-fresh-flavorful-and-perfectly-light/>