

Thai Chicken Lettuce Wraps - A Low-Carb Meal with Big Flavor

Craving something fresh, flavorful, and incredibly satisfying? These



TIME
30 min

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INGREDIENTS

For the Chicken Filling:

- 1 lb ground chicken
- 1 tbsp olive oil
- 2 cloves garlic, minced
- 1 tbsp fresh ginger, grated
- ... cup soy sauce (or tamari for gluten-free)
- 2 tbsp rice vinegar
- 2 tbsp Thai sweet chili sauce (adjust to taste)

1 tbsp hoisin sauce

1 tsp sesame oil

Red pepper flakes, optional for extra heat

For the Wraps:

1 head butter lettuce or Bibb lettuce, leaves separated

Optional Toppings:

Shredded carrots

Sliced green onions

Chopped peanuts

Chopped cilantro

Diced water chestnuts

DIRECTIONS

1. Cook the Chicken: Heat olive oil in a large skillet over medium-high heat.
2. Add ground chicken and cook, breaking it apart, until browned (about 5-7 minutes).
3. Stir in garlic and ginger, and cook for another minute until fragrant.
4. Build the Sauce: Add soy sauce, rice vinegar, sweet chili sauce, hoisin, and sesame oil to the skillet.
5. If desired, sprinkle in red pepper flakes.
6. Stir and simmer for 3-5 minutes, until the sauce thickens slightly and coats the chicken.
7. Prepare the Lettuce: Gently rinse and pat dry lettuce leaves, keeping them whole and cup-shaped.
8. Arrange on a platter or tray for easy filling.
9. Assemble the Wraps: Spoon chicken mixture into the lettuce cups.
10. Top with carrots, green onions, peanuts, cilantro, and water chestnuts as desired.
11. Serve: Serve immediately and enjoy by hand, taco-style!

SWAPS & NOTES

Protein : Use ground turkey, pork, or tofu for variation.

Heat level : Adjust chili sauce or add sriracha for a spicier version.

Crunch : Add cabbage or chopped cucumber for extra texture.

Make it vegan : Use crumbled tofu or lentils and swap hoisin for a plant-based version.

TIPS FOR SUCCESS

Use lean ground chicken for a cleaner bite that absorbs the sauce beautifully.

Don't overfill the lettuce cups-2-3 tablespoons of filling is plenty.

For meal prep, store the filling separately from the lettuce and toppings.

Use romaine hearts or cabbage leaves for a sturdier wrap.

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

Original recipe: <https://chefmaniac.com/thai-chicken-lettuce-wraps-a-low-carb-meal-with-big-flavor/>