

## Asian Chicken Lettuce Wraps with Garlic and Soy Sauce

Looking for a quick, light, and flavor-packed meal? These



**TIME**  
**5 min**

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**ChefManiac**

### INGREDIENTS

- 1 lb ground chicken
- 2 tbsp soy sauce
- 1 tbsp sesame oil
- 2 cloves garlic, minced
- 1 cup shredded carrots
- 8 large lettuce leaves (romaine or butter lettuce work best)

### DIRECTIONS

1. In a skillet over medium heat, cook the ground chicken with sesame oil and minced garlic. Stir occasionally until chicken is no longer pink.
2. Add soy sauce and shredded carrots, and cook for an additional 5 minutes, stirring occasionally.
3. Spoon the mixture into large lettuce leaves.
4. Serve immediately, optionally with toppings or a dipping sauce of your choice.

### SWAPS & NOTES

Ground Chicken : Swap with ground turkey, pork, or tofu for variation.

Carrots : Try thinly sliced bell peppers, cabbage, or bean sprouts for a crunchier texture.

Soy Sauce : Use tamari or coconut aminos for a gluten-free option.

Garnish Ideas : Top with chopped green onions, sesame seeds, or a drizzle of sriracha for extra flavor and heat. ? Step-by-Step Instructions In a skillet over medium heat, cook the ground chicken with sesame oil and minced garlic.

### TIPS FOR SUCCESS

Use sturdy lettuce like romaine hearts or butter lettuce-avoid iceberg, which tears easily.

You can double the filling and keep it in the fridge for easy wraps throughout the week.

For extra flavor, add a splash of rice vinegar or hoisin sauce to the skillet in the final minute of cooking. ?

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

Original recipe: <https://chefmaniac.com/asian-chicken-lettuce-wraps-with-garlic-and-soy-sauce/>