

## Thai Chicken Lettuce Wraps - Fresh, Flavorful, and Ready in 20 Minutes

Thai Chicken Lettuce Wraps Recipe

**TIME**  
**20 min**

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**ChefManiac**

### INGREDIENTS

1 lb ground chicken  
1 tablespoon vegetable oil  
2 garlic cloves, minced  
1 tablespoon ginger, minced  
2 tablespoons soy sauce  
1 tablespoon fish sauce  
1 tablespoon brown sugar  
1 cup water chestnuts, diced  
1 carrot, shredded  
1 head butter lettuce or romaine, leaves separated  
Thai chili sauce for serving  
Chopped green onions for garnish  
Fresh cilantro for garnish

### DIRECTIONS

1. Sauté the Aromatics: Heat vegetable oil in a skillet over medium heat.
2. Add the minced garlic and ginger, sautéing until fragrant-about 30 seconds to 1 minute.
3. Cook the Chicken: Add the ground chicken to the skillet.
4. Cook until fully browned, breaking it apart with a spoon as it cooks.
5. Add the Sauce and Vegetables: Stir in:
6. Soy sauce
7. Fish sauce
8. Brown sugar
9. Diced water chestnuts
10. Shredded carrot
11. Cook for 3-5 minutes, allowing the flavors to combine and the vegetables to soften slightly.
12. Cool the Filling Slightly: Remove the skillet from heat and allow the mixture to cool for a couple of minutes before assembling the wraps.
13. Assemble the Lettuce Wraps: Spoon the warm chicken mixture into the lettuce leaves to form small cups.
14. Garnish and Serve: Top the wraps with:
15. Thai chili sauce
16. Chopped green onions
17. Fresh cilantro
18. Serve immediately and enjoy.

### SWAPS & NOTES

**Ingredient Swaps and Notes** This recipe is easy to customize depending on what you have available.

**Ground meat options:** Ground turkey or ground pork can be used instead of chicken.

**Vegetable additions:** Try adding diced bell peppers, mushrooms, or shredded cabbage for extra crunch.

**Low-sodium option:** Use low-sodium soy sauce if you prefer to reduce salt.

### TIPS FOR SUCCESS

Crisp lettuce helps hold the filling and adds the perfect crunch.

Ground chicken cooks quickly and can dry out if overcooked.

This makes assembling the wraps quick and easy.

Lettuce wraps are best enjoyed fresh while the filling is warm.

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

Original recipe: <https://chefmaniac.com/thai-chicken-lettuce-wraps-fresh-flavorful-and-ready-in-20-minutes/>