

SPICY THAI CHICKEN MINCE (Larb)

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1	Red Onion finely chopped
1 tsp	Minced Chilli
1 tsp	Lemon Grass chopped (can get at New World)
500g	Lean Chicken Mince
½ C	Water (or more if you want more sauce)
2-3 Tbsp	Soy Sauce
1	Lemon squeezed
2 Tbsp	Brown Sugar
¼	Cos Lettuce or Cabbage chopped
1-2 Tbsp	Pine nuts (optional)
2 C	Chopped Vegies – such as zucchini or broccoli (optional)

Sauté onions in grape seed or olive oil, add chilli & lemon grass and sauté for couple of minutes. Add chicken mince and cook till browned ensuring you break it up as it cooks. Add water, soy sauce, lemon grass and brown sugar and leave to simmer a couple of minutes.

Steam the cabbage and toast the pine nuts.

Steam vegies and serve on the side.

Place the chicken mince mixture in the cos lettuce leaves or over the cabbage and sprinkle with the pine nuts. Serve with basmati rice if desired (or allowed).

