



## bariatric care

### Ingredients

#### Chicken

- ☐ Butterhead, Green leaf or Romaine lettuce
- ☐ 3 cloves garlic minced
- ☐ 1 tablespoon sesame oil
- ☐ ½ cup yellow onion
- ☐ ½ kg of ground chicken
- ☐ 1 carrot shredded
- ☐ 2 green onions chopped small
- ☐ 1 tablespoon of freshly arated ainaer

#### Sauce

- ☐ ¼ cup hoisin sauce
- ☐ 4 tablespoons soy sauce
- ☐ 2 tablespoon rice wine vinegar
- ☐ 1 tablespoon of freshly grated ginger
- ☐ 1 lime juice
- ☐ 1 tablespoon maple

## LETTUCE CHICKEN WRAPS

#### Sauce

- ☐ 1 tablespoon of sriracha or chili garlic sauce
- ☐ ¼ cup of water

#### Chicken

1. Heat olive oil in a large skillet. Add in green onion, ginger and garlic. Cook until softened or until the smell is strong.
2. Add in the ground chicken, and sesame oil. Cook until the chicken is no longer pink and take excess water.
3. Add carrots and mix it all together.
4. Then let that cool a bit and prepare the lettuce. Inside the lettuce put the ground chicken mixture-like a wrap.

#### Sauce

1. Combine hoisin sauce, soy sauce, rice vinegar, sriracha or chili sauce, ginger, maple syrup, lime and water. Heath through.

\* Add ons: Garnish with chopped cilantro or microgreen of choice

### Chef's Notes

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