

Fresh for Kids®

Lettuce & sweet chilli chicken wraps



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Preparation about 20 minutes

Cooking about 10 minutes

Serves 4

- 2 tbs tomato sauce
- 2 tbs sweet chilli sauce
- 2 tbs olive oil
- 500g chicken mince
- 2 garlic cloves, finely chopped
- 4 green onions (shallots), trimmed and thinly sliced
- 1 carrot, grated
- ½ cup coriander leaves, chopped
- 1 cup bean sprouts, trimmed

To serve

- 8 small iceberg lettuce leaves
 - 4 slices mountain bread (halved)
1. Combine tomato and sweet chilli sauces in a jug.
 2. Heat oil in a wok over high heat. Add chicken mince and stir-fry for 4–5 minutes or until white and cooked through. Add garlic, green onions and carrot and stir-fry for 1 minute. Add tomato sauce mixture, coriander and bean sprouts. Stir-fry for 1 minute.
 3. To serve, spoon warm chicken mixture into lettuce leaves and wrap in mountain bread.

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Bean sprouts

- Provide some vitamin C. This vitamin helps the body defend itself against infections.
- A source of dietary fibre which helps keep the intestine functioning normally and prevent constipation.
- With a low kilojoule count, bean sprouts are popular for those watching their weight.

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