

SYDNEY MARKETS
Fresh for
Kids

veggie & chicken lettuce cups



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Preparation 15 mins + cooling time | Cooking 10 mins | Serves 4

- 2 tbs olive oil
- 3 green onions (shallots), thinly sliced
- 2 garlic cloves, crushed
- 500g chicken breast mince
- 2 celery sticks, finely chopped
- 2 medium carrots, thickly shredded
- 2 tbs kecap manis or salt reduced soy sauce
- 2 baby cos lettuce, trimmed and leaves separated
- 1 cup crispy fried noodles

STEP 1 Heat oil in a medium frying pan over medium-high heat. Add green onions and cook, stirring, for 1 minute. Add garlic and chicken and cook, stirring to break up mince with a wooden spoon, for 3-4 minutes or until mince turns white.

STEP 2 Add celery and carrots to pan and cook, stirring often, for 2 minutes. Stir in kecap manis or soy sauce and toss to combine. Remove from heat and set aside to cool slightly. Serve chicken mixture with lettuce leaves and crispy noodles.

Good for you... **GREEN ONIONS**

A good source of vitamin C which contributes to formation of collagen in the structure of bones, cartilage, teeth, gums and skin. A good source of folate, a B vitamin that is needed for normal formation of blood cells. Provide beta carotene which is converted to vitamin A in the body and assists the functioning of the immune system.



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