

HEALTHY COOKING

▶ SPICY CHICKEN CLUB LETTUCE WRAPS

SERVES 4

INGREDIENTS

- ▶ 250g bacon
- ▶ ½ onion, chopped
- ▶ 400g chicken mince
- ▶ 2 teaspoons Tabasco sauce
- ▶ Pinch of salt and pepper
- ▶ 8 whole Iceberg lettuce leaves, washed
- ▶ 2 medium tomatoes, chopped



PREPARATION:

In a large pan cook the bacon over a medium heat until crispy. Remove and drain on a paper towel lined plate and crumble when cool enough to handle. In the same pan add the onion, cooking until translucent - about 3-5 minutes. Add the chicken mince, Tabasco sauce, salt and pepper. Stir frequently to break up any clumps of chicken; cook until chicken is thoroughly cooked.

Place 2 lettuce leaves on each plate, top each one with the cooked chicken mixture; sprinkle with tomato and crumbled the bacon

Each serving:

Protein: 30.0g | Carbohydrate: 2.5g

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