

CHINESE CHICKEN WRAPS



QUICK

15- 20
mins...sorry!

HEALTHY

Carrots are a rich source of Beta carotene which is converted into vitamin A to help maintain healthy skin and eyes.

FAMILY

Feeds 4-5

MEALS

This is a complete meal as it contains all of the food groups

INGREDIENTS

- 1 kg chicken mince
- 1 onion - chopped
- 200g mushrooms
- 2 garlic cloves – minced
- 3 cm fresh ginger – minced/grated
- 3 tbs hoi sin sauce
- 3 tbs soy sauce
- 2 tbs Chinese rice vinegar
- 1 tsp sesame oil
- 2 tsp oil
- 4 spring onions
- 2 large carrots - grated
- Optional - 1 red pepper - chopped
- Wraps – wholemeal tortilla wraps or romaine lettuce or duck pancake wraps

METHOD

- 1) Heat the oil in a large frying pan
- 2) Chop the onion and put in the pan - sauté
- 3) Add the chicken mince
- 4) With a spatula, mince into small pieces
- 5) Add the minced garlic and ginger - mix
- 6) Whilst it's cooking, chop your mushrooms and add to the mince
- 7) In a jar or measuring jug mix the hoi sin, soy sauce, vinegar and sesame oil
- 8) Pour the sauce over - mix and reduce heat to a simmer
- 9) Chop the spring onion and add ½ - sprinkle the rest just before serving
- 10) Grate your carrot and chop pepper
- 11) Spoon the meat mixture into your wrap and add the grated carrot and red pepper
- 12) Enjoy



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com