

Fresh for kids™ Vegie, chicken & crispy noodle lettuce cups



Fresh for Kids™ Vegie, chicken & crispy noodle lettuce cups

Ingredients:

- 2 tbs olive oil
- 4 green onions, finely chopped
- 500g chicken breast mince
- 2 medium carrots, peeled and grated
- 2 celery sticks, finely chopped
- 2 tbs kecap manis
- 8 small Iceberg lettuce leaves
(cup-shaped leaves from the centre
of lettuce are required)
- 1 cup (50g) crispy fried noodles

Method:

1. Heat oil in a medium frying pan over medium-high heat. Add green onions and cook for 1 minute. Add chicken mince and cook, stirring constantly to break up mince, for 5 minutes or until mince turns white.
2. Add carrot and celery to pan and cook for 2 minutes or until warm.
3. Stir in kecap manis and toss well to combine. Remove from heat and cool slightly. Spoon warm chicken mixture into lettuce cups, top with crispy noodles and serve immediately.

Serves: 4 kids

Preparation: 15 minutes

Cooking: 10 minutes

Health benefits:

Celery

Celery is low in sodium, high in fibre and a significant source of vitamin C.

Extremely low in kilojoules, celery is an excellent snack for slimmers.

SYDNEY MARKETS™

Supplying quality fresh fruit & vegetables

SYDNEY MARKETS™

Visit www.freshforkids.com.au

© Sydney Markets Limited