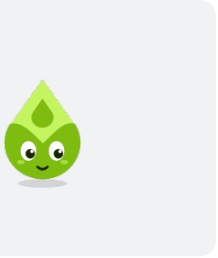
Dinner

Chilli Chicken Mince Lettuce Cups

Tender chicken mince is sautéed with capsicum and red onion in a bold peri-peri sauce, then spooned into crisp lettuce leaves. Cool smashed avocado, fresh coriander and lime wedges finish the dish.

20 min	352	7.2 g	4.7 g
time	calories	carbs	sugars



Dairy free | Nut free

Ingredients, 4 servings

- [ ] 500 g chicken mince
- [ ] 1 tablespoon peri-peri sauce
- [ ] 1 tbsp olive oil
- [ ] 1 capsicum, diced
- [ ] 1 red onion, diced
- [ ] Iceberg or cos lettuce leaves
- [ ] ½ bunch coriander, chopped
- [ ] Lime wedges
- [ ] 1 large avocado

Method

- [ ] **1** Mash the avocado in a small bowl with a squeeze of lime, then cover and place it in the refrigerator.
- [ ] **2** Pour the olive oil into a large frypan, then sauté the chicken mince with the red onion and capsicum.
- [ ] **3** Stir in the peri-peri sauce and keep cooking until the chicken is cooked through.
- [ ] **4** Spoon the hot chicken into iceberg or cos lettuce leaves.
- [ ] **5** Top each cup with the chilled smashed avocado and scatter over the chopped coriander.
- [ ] **6** Serve with the lime wedges on the side.

Nutrition Facts

Per serving

Calories	**352**
Total fat	22.1 g
Saturated fat	4.2 g
Sodium	84.8 mg
Total carbs	7.2 g
Fiber	7.7 g
Total sugars	4.7 g
Protein	27.5 g

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