



Asian Lettuce Wraps with Mustard Vinaigrette
Recipe Courtesy of Robin Miller and Tyson Foods

Recipe serves 4

Preparation Time: 15-20 minutes

Ingredients

- 5 ounces cellophane noodles
- 2 packages (6 ounces each) *Tyson® Fully Cooked Grilled Chicken Breast Strips* or *Tyson® Fully Cooked Seasoned Steak Strips*
- ½ cup shredded carrots
- ½ cup chopped scallions
- ¼ cup chopped fresh cilantro
- ¼ cup reduced-sodium chicken broth
- 2 tablespoons reduced-sodium soy sauce
- 2 teaspoons toasted sesame oil
- 1 teaspoon Chinese mustard
- 8-12 Butter or Bibb lettuce leaves

Preparation Instructions

1. Place cellophane noodles in a large bowl and pour over enough boiling water to cover. Let stand for 10 minutes until soft and transparent. Drain and return to bowl.
2. Using kitchen scissors, cut noodles into two-inch thick pieces. Add chicken (or steak), carrots, scallions and cilantro. Set aside.
3. In a small bowl, whisk together the chicken broth, soy sauce, sesame oil and Chinese mustard. Add mixture to the chicken mixture and toss to combine.
4. Spoon chicken (or steak) mixture into lettuce leaves and roll up.

* The filling for the wraps is also great served warm – without the lettuce wrap.