

Thai Larb Gai (Chicken Lettuce Wraps, Gluten-Free)

Ingredients

- 1 lb ground chicken
- ¼ cup gluten-free fish sauce or GF tamari
- 3 tbsp fresh lime juice
- 1 tsp sugar or honey
- 1 small red onion, very thinly sliced
- ¼ cup chopped fresh mint
- ¼ cup chopped fresh cilantro
- 1 small cucumber, thin slices
- Chili flakes to taste
- 12 lettuce leaves (butter or romaine)
- Optional: 1–2 tbsp toasted rice powder (gluten-free; skip if cross-contamination is a concern)

Instructions (step by step)

1. Cook chicken: Place ground chicken in a dry skillet over medium-high heat. Cook 5–6 minutes, breaking into small bits, until no pink remains.

2. Make dressing: In a bowl, mix fish sauce (or GF tamari), lime juice, and sugar/honey until dissolved.
3. Combine warm: Off the heat, add onion, mint, cilantro, cucumber, and chili flakes to the warm chicken. Pour dressing over. Toss to coat so flavors absorb.
4. Optional texture: Stir in toasted rice powder if using (gives nutty flavor and slight thickening).
5. Serve: Spoon into lettuce leaves and eat immediately.

Benefits

- High protein, fresh herbs and lime add flavor without heavy sauces.
- Low carb and gluten-free when using GF fish sauce or tamari.
- Quick meal; minimal cooking.