

 **Heritage**  
Building Society

# Gardenfest



**BBQ Chinese Chicken Lettuce Wraps – cooked by Margaret Battle and Wendy Ashley-Cooper**

1. Remove rough stems from 1 cup of shiitake mushrooms & brush with a damp towel to clean. Slice mushrooms and chop 300gms chicken breast into small pieces.
2. Preheat a large pan or wok to high. Add 1 tabs peanut oil to pan.
3. Add chicken and sear by stir frying for a minute or two.
4. Add salt & pepper to season, then add 2 cloves of chopped garlic and ½" ginger root grated.
5. Cook for a minute.
6. Grate zest of ½ orange into pan, add ¼ red capsicum, ½ small tin sliced & chopped water chestnuts and 2 chopped spring onions. Cook another minute, continuing to stir fry mixture.
7. Add 1 ½ tabs Hoison sauce and toss to coat mixture evenly.
8. Transfer the hot chopped Chicken mixture to serving platter & pile quartered wedges of crisp iceberg lettuce along side. Add orange wedges to garnish.
9. To eat pile spoonfuls into lettuce leaves, wrap lettuce around filling and squeeze orange wedge over.