

Firecracker Chicken Meatball Lettuce Wraps

hellóchef

Our favourite way to eat chicken meatballs!

Cals 699 • Prot 61 • Carbs 34 • Fat 38

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🕒 cook: 30 min

R2947



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Meatballs	2 ppl	3 ppl	4 ppl	
Chicken mince	400	600	800	Grams
Almond flour 1* , 2*	40	60	80	Grams
Organic Eggs 5*	1	1	2	Piece
Soy sauce 9* , 10* , 11*	20	30	40	ML
Garlic powder	2	4	4	Grams
Chilli powder	2	2	4	Grams
Salt	1	1	2	Tsp
Black pepper	0.5	0.5	1	Tsp
Vegetable oil	2	3	4	Tbsp
Sauce				
Sweet chilli sauce	40	60	80	ML
Chilli flakes	2	2	2	Grams
Salt	1	1	2	Tsp
Sriracha sauce	21	28	28	Grams
Apple cider vinegar	15	22	30	ML
Vegetable oil	2	3	4	Tbsp
Wraps				
Boston lettuce	1	1	2	Piece
Carrot	1	2	2	Piece
Cucumber	1	2	2	Piece
Sugar snap peas	100	150	200	Grams
Sesame seeds 3*	10	15	20	Grams
Fresh coriander	15	15	15	Grams

Allergens

*1 Peanuts, *2 Tree Nuts, *5 Eggs, *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	2923 / 699
Fat (g)	38.1
of which saturates (g)	8.4
Carbohydrate (g)	34
of which sugars (g)	18.5
Fiber (g)	8.3
Protein (g)	60.7
Salt (g)	3.5

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Make meatballs

In a bowl, combine the **chicken mince, almond flour, eggs, soy sauce, garlic powder, chilli powder (spicy!), salt and black pepper**. With clean hands, mix until fully combined. With oiled hands, shape into small **meatballs**. Refrigerate until step 4.



2 Make sauce

In a small bowl, combine the **sriracha (spicy!), sweet chilli sauce (spicy!), apple cider vinegar, chilli flakes (spicy!) and salt**. Mix well. This is your **firecracker sauce**.



3 Prep

Separate the **lettuce** leaves. Peel the **carrot** and continue peeling until you're left with a pile of ribbons. Chop the **cucumber** into bite-size pieces. Finely slice the **sugar snap peas** on the diagonal.

Tip! Not a fan of making carrot ribbons? Grate the carrot instead!



4 Fry

Heat a pan over a medium heat with a generous drizzle of **vegetable oil**. Once hot, add the **meatballs** (in batches, if necessary) and fry for 3-4 min until golden and cooked through. Add the **firecracker sauce** and cook for a final 1-2 min or until the **sauce** has reduced.



5 Serve

Arrange the **lettuce** leaves on a wide serving platter. Fill the leaves with the **carrot ribbons, cucumbers and sugar snap peas**. Add the **firecracker chicken meatballs** and drizzle them with the any remaining **sauce**. Garnish with the **sesame seeds** and **fresh coriander** leaves. Enjoy with fingers or forks!

Tip! Toast the sesame seeds in a hot, dry pan until golden.