



THAI DRAGON LETTUCE WRAPS

Chicken or tofu marinated in an Asian inspired kiwi marinade, tossed in a dragon fruit colored rice stick noodle salad and served on lettuce cups of your choice.

YIELD: about 24 lettuce wraps

Equipment

- Kitchen scale with 1 gram increments
- Assorted mixing bowls
- Measuring spoons and cups
- Rubber or silicone spatulas
- Chef knife and cutting board
- Sheet pan
- Parchment paper
- Cooking tongs
- Ziplock bag or storage container
- Storage bottle or squeeze bottle

ASIAN SAUCE AND MARINADE

Ingredients	Volume	Mass
Fresh Ginger root, peeled	½ inch	About 5 grams
Neutral flavored oil (e.g. avocado, soybean)	3 tbsp or 45 milliliters	
Soy Sauce	1 ½ tbsp or 22 milliliters	
Rice Vinegar	1 tbsp or 15 milliliters	
Mirin (fermented rice wine)	2 tsp or 10 milliliters	
Brown sugar	5 ½ tbsp	75 grams
Sesame seed oil (not refined)	½ tsp or 2.5 milliliters	
Hot sauce, sriracha style	½ to 1 tsp or 2.5–5 milliliters	
Fresh garlic, crushed	1 tsp	About 8 grams
Kiwi, peeled (<i>NOTE: mass is the prepped weight</i>)	3 each	About 143 grams
Black pepper, ground	½ tsp	1.5 grams
Sesame seeds, hulled	3 tbsp	28 grams
Mayonnaise	3 tbsp	45 grams

PROTEIN CHOICE

Ingredients	Volume	Mass
Chicken breast, cut into 1 x ½ inch wide strips or chicken tenderloins OR Extra Firm Tofu sliced 1 x 1 inch thick logs		1 pound or 454 grams

RICE STICK FILLING

Ingredients	Volume	Mass
Carrots, bagged shredded	1 cup	About 85 grams
Snow peas: string removed and cut ¼ inch wide and on the bias	30 count	About 100 grams
Red onion, peeled and cut ¼ inch radial slice	¼ onion	About 45 grams
Scallions, trimmed and cut ¼ inch wide and on the bias	3 each	About 45 grams
Frozen Red Dragon Fruit cubes: Puree 85g for the noodles – heaping ½ cup (NOTE: Fresh dragon fruit can be used 2 small or 1 large should work.)	1 ¾ cup	250grams
Rice stick vermicelli noodles: package will have sections of noodles	1 section	About 195–215 grams
Kosher Sea salt	½ tsp	

ASSEMBLY

Ingredients	Volume	Mass
Lettuce of choice: Butter, leaf, Romaine. Washed and thick stem portions removed if needed	1–2 heads of Lettuce About 24 leaves	
Rice Stick filling	½ cup	80 grams
Asian Sauce and Marinade	2 tsp	7 grams
Optional: Hot sauce of choice	As needed	

Cooking Instructions

Asian Sauce/Marinade and Protein Preparation Instructions

Use a traditional blender or smoothie blender to make the marinade:

- In the blender cup, combine all the marinade ingredients **except** the mayonnaise, and blend until smooth.
- Add the mayonnaise, then pulse a few time to incorporate the mayonnaise.
- Place ½ cup or 84 grams of the sauce in a zip lock bag or storage container for the protein.
- Reserve ¼ cup or 42 grams of the sauce for the rice stick filling.
- Transfer the remaining sauce into container and refrigerate until ready to use. A squeeze bottle works well for this.

Chicken or Tofu Preparation & cooking instructions

- Add the prepped chicken or tofu to the marinade container. **Bag:** Close the bag, then gently flip the bag over until product is coated. **Container:** Stir until the product is coated, then cover. Refrigerate minimum of 2 hours, preferably overnight.
- **Cooking instructions:** Pre-heat oven to 350°F or 177°C. Arrange the chicken or tofu in a single layer on a parchment paper lined sheet pan(s). Bake until cooked through and the marinade has set on the exterior.
 - » Chicken cook time: 25–30 minutes minimum or until cooked through.
 - » Tofu: 15–20 minutes minimum or until marinade is set.
- Remove from the oven and allow to cool, then add to the rice stick filling as instructed.

Red Dragon Rice Stick Filling

Make the rice stick filling while the chicken is cooking and cooling

- In a 4–5 quart pot, bring 2 quarts of water to a boil. Remove from heat, add the rice sticks and let stand 15 minutes. Drain the noodles in a colander. Fill the pot with cold water and rinse the noodles with the cold water. Drain the noodles well then transfer back to the pot.
 - » Add the pureed and diced dragon fruit, mix well.
- In a 1 quart pot, bring about 3 cups of water plus the salt to a boil, add the carrots and snow peas, and blanch for 1 minute. Drain in the colander, rinse well with cold water. Drain, and add to the pot with the noodles.
- Add the chicken or tofu, and the sauce reserved for the rice stick filling, and toss well. Chill until ready to serve. **Note:** If desired the protein can be part of the assembly rather than mixed in with the filling.

Lettuce Wrap Assembly

- Arrange the lettuce leaves on a plate
- Using tongs, place the filling in a log across the width of the leaf about 2 inches above the stem.
- Tightly roll to the top of the leaf. Drizzle with additional Asian sauce and optional hot sauce. The sauces can be served on the side as well.