

# Korean Lettuce Wrap

with "Fajita" Chicken Thighs





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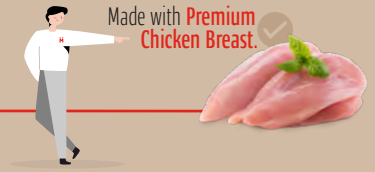


with “Fajita” Chicken Thighs

Tender marinated chicken thighs, mixed with water chestnuts, mushrooms, onions, and a medley of aromatic ingredients, wrapped in fresh lettuce leaves. Top with carrots, bean sprouts, cilantro, and a drizzle of Asian-style dressing for a delightful meal.

# Korean Lettuce Wrap

with “Fajita”  
Chicken Thighs.



## Steps to get started.

### Step 1:

#### Ingredients:

- Marinated Korean BBQ thighs, Grilled or Sauteed.
- 1 (8 ounce) can water chestnuts, drained, and minced.
- One cup diced shiitake mushroom caps.
- ½ cup minced yellow onion.
- ½ cup chopped green onion.
- 1 tablespoon soy sauce.
- 1 tablespoon freshly grated ginger.
- 1 – 2 teaspoons honey.
- Bib or Boston lettuce leaves washed and dried.
- Julienne Carrot sticks.
- Bean Sprouts.
- Chopped Cilantro.
- Asian style salad dressing with sesame oil

### Step 2:

Grill or sauté HT chicken thigh mea

### Step 3:

#### Assemble

1. Dice chicken thighs
2. In large bowl add diced cooked chicken thighs, water chestnuts, mushrooms, yellow onion, 1/3 cup green onion, 1 tablespoon soy sauce, ginger, and 2 teaspoons brown sugar together in a bowl. Mix and keep hot/warm for serving.
3. Place chicken mixture into lettuce leaf.
4. Add carrots, bean sprouts, and chopped cilantro.
5. Drizzle with Asian style dressing.
6. Roll leaves up to eat.



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## Cooking options.

### Baking: Option 1

1. Preheat to 325°
2. Place whole thighs into a 9” -12” round earthenware dish which has been lightly coated with oil.
3. Cover with lid, and bake for 20 – 35 min, or until a temperature of 165° is reached. Let rest 10 minutes before serving.

### Baking: Option 2

1. Preheat to 325°
2. On medium high heat, heat an 8-to-12-inch skillet. Once skillet is hot, add 1/4 cup of oil. Carefully, using tongs place thighs in hot skillet.
3. Allow the skillet to lay flat on the burner and sear thighs for one to 2 minutes, then flip and sear another 1-2 minutes or until golden brown.
4. Place Seared thighs into a 9” -12” round earthenware dish. Cover with lid and bake for 15-20 minutes, or until a temperature of 165° is reached. Let rest 10 minutes before serving.

### Grilling Option:

1. Heat grill on high setting. Before placing thighs turn grill turn grill heat settings to medium.
2. Remove thighs and place on preheated grill. Cook for 4 minutes and then flip thighs and cook another four minutes.
3. Check the internal temperature to ensure they are 169°. Hint: If thighs need to grill longer to reach 169°, set them on the coolest part of the grill. Allow thighs to rest for 10 minutes.
4. Check temperature until 169° has been reached.

### Sauté Option:

1. Carefully, using tongs place the thighs in hot skillet on medium high heat, heat 8-to-12-inch sauté skillet.
2. Once skillet hot add ½ cup of oil. Tilt the skillet to allow the oil to pool towards the front corner of lip, away from the skillet handle.
3. Carefully, using tongs place the thighs in hot skillet.
4. Allow the skillet to lay flat on the burner and sear/cook thighs for 4 minutes.
5. With tongs gently turn the thigh and cook another minute. Ensure an internal temperature of 169° is reached.



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