



ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts
Low disaccharides

Prep time: 15 mins

Cook time: 10-15 mins

Serves: 4

CHICKEN LARB



INGREDIENTS

- 1 tbsp coconut oil
- 500g chicken mince (made or bought)
- 2 tbsp red curry paste
- ½ tsp pink salt, pepper to taste
- 1/4 cup spring onions, thinly sliced
- 1 small Lebanese cucumber, diced
- ¼ cup coriander, chopped
- juice of 1 small lime
- 8 large lettuce leaves (or cabbage)

METHOD

- In food processor, add chicken mince, red curry paste and salt and process until smooth.
- Heat oil in a large pan on stovetop, to medium high, and add mince mixture.
- Stir to break up meat until it crumbles, approximately 10 minutes.
- Remove from heat, and add cucumber, spring onions, coriander and lime juice and mix.
- Place lettuce leaves on a large serving plate and divide mixture evenly between the leaves. (or place 2 leaves on each plate to serve).