



Asian Roll Lettuce Wrap

Savannah · 30/09/2024



Prep Time

1 hr

Difficult

Medium

Servings

4

Description

This is a easy wonderful light yet filling meal with turkey or beef rice and fresh veggies Fun to eat You will need at least eight 10inch bamboo skewers for cooking the meat

Ingredients

- - 1 pound ground turkey - 1 tablespoon light soy sauce - 1 teaspoon minced garlic - 2 teaspoons minced fresh ginger root - 1 cup brown rice - 1 cup water - 16 large lettuce leaves - 1 cup shredded carrots - 1 cup green onions
- thinly sliced - 1 cup sliced red bell pepper - 1 cup sliced radishes - ? cup light soy sauce - ? cup water - 3 tablespoons fresh lemon juice - 2 teaspoons minced garlic - 1 tablespoon minced fresh ginger root - 1 teaspoon sugar

Instructions

1. In a medium bowl
2. mix together ground turkey
3. 1 tablespoon soy sauce
4. 1 teaspoon minced garlic and 2 teaspoons ginger. Form into 16 meatballs and roll into ovals. Cover and refrigerate. In a medium saucepan over medium heat
5. combine rice with 2 cups water. Bring to a boil
6. reduce heat and simmer for 20 minutes
7. or until rice is tender. Preheat the grill or broiler. Arrange rice
8. lettuce leaves
9. carrots
10. scallions
11. radishes and red peppers onto a serving platter or place each into a small bowl. In a medium bowl
12. mix together 1/3 cup soy sauce
13. 1/3 cup water
14. lemon juice
15. 2 teaspoons garlic
16. 1 tablespoon ginger
17. and sugar. Divide into 4 small dipping bowls. Thread two meatballs onto each 10 inch skewer. Grill or broil for 10 to 12 minutes
18. turning occasionally to brown all sides. If broiling
19. line the broiler pan with aluminum foil and drain fat after 6 minutes. To eat
20. place a leaf of lettuce onto the palm of your hand
21. spoon on a little rice
22. then a meat roll
23. and a few of the vegetables. Roll up and dip in dipping sauce or spoon sauce over.