
Chicken Laap

Yield: 4 Servings

Ingredients

3 Tbsp raw white, brown or jasmine rice
1/2 lb ground chicken breast
3 Tbsp lime juice (freshly squeezed)
2 Tbsp Thai or Vietnamese fish sauce
1 tsp dried chili flakes or red pepper mix (optional)
1/4 cup fresh mint leaves (torn in half)
1/4 cup green onion (green part only, thinly sliced)
1 asian shallot (thinly sliced)
4 romaine or cabbage leaves

Cooking Time: 30 min

Instructions

Make the rice powder by toasting the raw rice in a small, dry skillet over medium heat, stirring constantly until the rice is toasted a nice brown color. Remove from heat, cool and grind to a coarse powder using a mortar and pestle or a spice grinder.

Cook the ground chicken in a non-stick pan over medium heat, stirring constantly to cook evenly. Remove from heat when chicken is cooked through and let cool. Crumble chicken into small pieces. In a small bowl, combine the chicken, broth, lime juice, fish sauce and chili flakes (if using) and gently toss to coat. Just before plating, fold in the mint, green onion, cilantro, shallot and rice powder.

To serve, put a heaping teaspoon of the laap on a romaine or cabbage leaf and enjoy! This is also really good with a little bit of Thai sticky rice.

Recipe brought to you by:

Chef Michi Holland