

2 Oriental chicken or tofu lettuce wraps

Adapted from a Marks and Spencer recipe card. Serves 3-4 as a main course with steamed or boiled rice.

Ingredients

2 skinless boneless chicken breasts or 1 pack smoked tofu pieces
half litre chicken or vegetable stock (cube is fine)
1 small onion
1 garlic clove finely chopped
1 red chilli deseeded and finely chopped (check heat and adjust quantity to taste)
75g canned or vacuum packed water chestnuts, chopped into small cubes (2-3mm)
3 tablespoons ketjap manis (sweet Indonesian soy sauce available from some supermarkets) – use 2 tablespoons ordinary soy sauce and 1 tablespoon sugar or mild honey as a substitute if you can't get hold of ketjap manis
Juice of half a lime
4 spring onions
75g cashew nuts, chopped
2 little gem lettuces

1. Poach the whole chicken breasts in the stock for 15 minutes. Remove from the heat and leave to cool in the poaching liquid until you are ready to complete the dish at which point remove the chicken from the poaching liquid and chop/shred into bite sized pieces. You can use the reserved poaching liquid for another recipe eg risotto or soup and it can be frozen. Omit the above steps if you are using smoked tofu as it is ready to eat once heated.
2. Prepare all your other ingredients before you start to cook. Peel and finely slice the onion and set aside; peel finely chop the garlic and wash, dry, halve, deseed and finely slice the chilli and set aside together; wash, dry and trim the spring onions and finely slice on the diagonal and set aside; remove the water chestnuts from their packaging, cut into 3mm dice and set aside; chop the cashew nuts and set aside; separate the lettuce leaves, discard any bruised or brown outer leaves, wash the good leaves and dry carefully in a salad spinner or on kitchen paper and set aside.
2. Using a wok or large frying pan gently fry the onion in 1 tablespoon of oil for 5 minutes. Add the garlic and chilli and fry for a further 5 minutes until soft and golden.
3. Add the smoked tofu (if using instead of chicken), water chestnuts, ketjap manis and lime juice to the pan, stir and fry for a further minute or two just to heat through. Turn off the heat and add the chicken pieces and spring onions. Gently stir through. Sprinkle over the chopped cashew nuts.
4. To serve, each diner takes a lettuce leaf, fills with a spoonful of chicken mixture and rolls up and eats like a burrito or pancake.