

SUNSET

# Chicken San Choy Bow



Caroline Oakley

**RATING**

★★★★★ (0 ratings)

**AUTHOR**  
Caroline Oakley



These sweet and savory wok-seared chicken lettuce cups from Caroline Oakley, head chef at Kokomo Private Island in Fiji, make a light, healthy, and super-flavorful entree or appetizer.

## Ingredients

- ¼ cup vegetable oil
- ½ lb boneless skinless chicken thighs
- 2 tbsp palm sugar syrup
- 2 tbsp fish sauce
- juice of one lemon or lime
- ¼ shallot, thinly sliced
- 1 clove garlic, thinly sliced
- 1 tsp toasted broken rice
- 1 tsp dried chile flakes
- ¼ cup chopped cilantro
- ¼ cup chopped mint
- ¼ cup chopped scallions
- 8 iceberg lettuce cups

## How to Make It

- Place wok or large skillet over high heat. Add oil and heat until oil is smoking, 3 to 5 minutes.
- Add chicken to the wok, and cook, stirring continuously, until chicken is cooked and all the juices dry up, about 5 minutes. Add palm sugar syrup, fish sauce, lemon or lime juice, and continuously stir until the liquid thickens and turns caramelized golden brown.
- In a medium bowl, combine chicken, shallots, garlic, toasted rice, dried chile flakes, and herbs and mix well.
- Spoon chicken into lettuce cups and serve.

Link to Article: <https://www.sunset.com/recipe/chicken-san-choy-bow>