

THE FOOD SAFARI & HOME ELECTRONICS FAIR



CHICKEN WRAPPED IN BETEL NUT LEAVES Recipe by THE ORANGE LANTERN VIETNAMESE RESTAURANT

300 g	minced chicken
1 tbsp	finely chopped lemon grass
1 tsp	garlic, minced fine
1 tsp	sugar
1 tsp	salt
1 tsp	black pepper
3	betel nut leaves

To Fry

¼ cup	vegetable oil
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Sauce

1 cup	fish sauce
½ cup	water
3 tbsp	sugar
1 tbsp	lime juice
1 tsp	finely chopped chili

Method

1. Mix all ingredients together and leave it for half an hour.
2. Wrap the marinated meat with betel nut leaves.
3. Heat up the oil in a heavy pan and put in the wrapped meat. Fry to cook about 2 minutes4 patties – press down with a heavy lid and fry on one side till cooked. Takes about 3 minutes. Turn the patties over with a slotted spoon and fry the other side till cooked.
4. Serve with fish sauce dip and accompany with lettuce and rice vermicelli.