



Asian Chicken Mango Lettuce Wraps

The First Bite That Hooked Me

The crunch of fresh lettuce, the tangy-sweet mango, and savory chicken hit me at once. I tried these wraps at a friend's potluck last summer. One bite, and I was obsessed. The mix of cool lettuce and warm filling felt like magic. **Ever wondered how to turn simple ingredients into something unforgettable?** This dish does it. The balance of flavors keeps me coming back. Why this matters? Meals should delight, not just fill you. What's your "one bite" food love? Share below!

My Messy First Attempt

I burned the garlic on my first try. The kitchen smelled like a campfire,

not a cozy meal. But the mango saved it—adding sweetness to cover my mistake. **Home cooking teaches us to adapt, not be perfect.** Why this matters? Flops make better stories than flawless dishes. Now I laugh at my early kitchen blunders. What's your funniest cooking fail?

Why These Flavors Work

- The ginger and garlic add a spicy kick that balances the sweet mango.
- The lettuce gives a crisp contrast to the tender chicken. **Which flavor combo surprises you most?** Is it the soy-vinegar tang or the cilantro freshness? Try it and decide.

A Dish With Roots

Lettuce wraps trace back to Chinese san choy bau, meaning “wrap in lettuce.” They're a street food star across Asia. *Did you know mangoes were first grown in India over 4,000 years ago?* This recipe blends traditions into one easy meal. Cultures connect through food—what's your favorite fusion dish?



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Ingredients:

Ingredient	Amount	Notes
Skinless boneless chicken breast	2 pounds	Cut into ½-inch pieces
All-purpose flour	¼ cup	
Salt	½ teaspoon	
Sesame oil	3 tablespoons	Divided
Low sodium soy sauce	6 tablespoons	
Seasoned rice vinegar	6 tablespoons	
Scallions	4	Thinly sliced
Garlic	4 cloves	Minced
Fresh ginger	2 tablespoons	Peeled and minced
Frozen mango chunks	10 oz bag	
Bibb lettuce leaves	16 large	
Fresh cilantro	¼ cup	Chopped, for topping
Lime wedges	As needed	For serving (optional)
Salted peanuts	As needed	Chopped, for topping (optional)

Easy Asian Chicken Mango Lettuce Wraps

Step 1

See also One Pot French Onion Pasta for Easy Comfort
Toss chicken, flour, and salt in a bag. Shake well to coat. This keeps the chicken tender. Set it aside for later. (Hard-learned tip: Use a sturdy bag to avoid leaks.) **Step 2** Heat half the sesame oil in a skillet. Cook chicken until golden. Stir often for even browning. Transfer to a bowl.

What's the best oil for high-heat cooking? Share below! Step 3

Add remaining oil to the skillet. Sauté scallions, garlic, and ginger until fragrant. Pour in soy sauce and vinegar. Scrape up the tasty bits. **Step 4** Return chicken to the skillet. Cook until it hits 165°F. Stir gently to avoid breaking the pieces. The sauce will thicken slightly. **Step 5** Toss in frozen mango. Cook just until thawed. Overcooking makes it mushy. Remove from heat to keep textures fresh. **Step 6** Spoon filling into lettuce leaves. Top with cilantro. Serve with lime wedges for extra zing. Enjoy right away for crunch. **Cook Time:** 15 minutes **Total Time:** 25 minutes **Yield:** 6 servings **Category:** Dinner, Appetizer

Fun Twists on Lettuce Wraps

Vegetarian Swap chicken for crispy tofu. Use tamari instead of soy sauce. Add extra veggies like bell peppers. **Spicy** Mix in sriracha or chili flakes. Top with sliced jalapeños. Cool it down with yogurt drizzle.

Seasonal Try peaches in summer or pears in fall. Adjust herbs to match the season. Fresh is best. **Which twist would you try first? Vote in the comments!**

Serving & Pairing Ideas

Serve with steamed jasmine rice or crunchy slaw. Add extra peanuts for texture. Lime wedges brighten every bite.

See also Chicken Alfredo Lasagna

Pair with iced green tea or a light lager. For a fancy touch, try a citrusy white wine. Both refresh the palate. **Which would you choose tonight? Tell us below!**



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Keep It Fresh or Freeze It

Store leftovers in the fridge for up to 3 days. Use airtight containers to keep flavors bright. Reheat gently in a skillet—microwaving makes lettuce soggy. Freeze the chicken-mango mix (without lettuce) for 2 months. Thaw overnight before warming. *Fun fact: Frozen mango adds a sweet chill—no thawing needed before cooking!* Batch-cook the filling and freeze in portions. Weeknight wins! Ever tried freezing lettuce wraps? Share your hacks below.

Quick Fixes for Common Hiccups

Chicken sticking? Heat oil properly before adding it—it should shimmer. Sauce too thin? Mix 1 tsp cornstarch with water, stir in. Lettuce tearing? Pick Bibb leaves with thick ribs, or swap in cabbage cups. Why this matters: Texture makes the meal. A torn wrap is a sad wrap. Prefer crunchy peanuts or creamy peanut butter as a topping? Tell us your pick!

Your Questions, Answered

Q: Gluten-free option? A: Swap flour for cornstarch, use tamari instead of soy sauce. **Q: Can I prep ahead?** A: Yes! Cook filling, store separately. Assemble wraps just before eating. **Q: Mango swaps?** A: Pineapple or peaches work. Dried mango? Soak it first. **Q: Serving a crowd?** A: Double the filling. Keep lettuce leaves whole for easy grabbing. **Q: Too salty?** A: Rinse capers, use low-sodium soy sauce, or add a squeeze of lime. Why this matters: Balance is key—sweet, salty, and tangy should dance together.

Wrap It Up

These wraps are my go-to for busy nights. Fresh, fast, and full of flavor.

Tag Savory Discovery on Pinterest with your creations! Did you tweak the recipe? I'd love to hear. Happy cooking! —Elowen Thorn.

See also Huevos Rancheros Brunch Casserole with Ham and Cheese

You need to try !



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Asian Chicken Mango Lettuce Wraps

Author: Elowen Thorn



Cooking Method: [Stovetop Pan-Frying](#)



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Cuisine: [Asian](#)



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Courses: [Lunch](#) [Main](#)



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Difficulty: **Beginner**



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Prep time: **10 minutes**



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Cook time: **15 minutes**



Rest time:



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Total time: **25 minutes**



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Servings: **6 servings**



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Calories: **kcal**

Best Season: **Summer**

Description

Experience the delightful contrast of textures and flavors with these

Asian Chicken Mango Lettuce Wraps, featuring tender chicken, sweet mango, and fresh lettuce.

Ingredients

- ☐ 2 pounds skinless boneless chicken breast, cut into ½-inch pieces
- ☐ ¼ C all-purpose flour
- ☐ ½ teaspoon salt
- ☐ 3 tablespoon sesame oil divided
- ☐ 6 tablespoon low sodium soy sauce
- ☐ 6 tablespoon seasoned rice vinegar
- ☐ 4 scallions thinly sliced
- ☐ 4 cloves garlic minced
- ☐ 2 tablespoon of peeled and minced fresh ginger
- ☐ 1, 10 oz bag frozen mango chunks
- ☐ 16 large bibb lettuce leaves
- ☐ ¼ C chopped fresh cilantro for topping
- ☐ Optional: lime wedges for serving
- ☐ Optional: salted peanuts chopped for topping

Instructions

1. Place chicken, flour, and salt into a gallon-sized zip-top bag, seal tightly, and shake vigorously until all pieces of chicken are coated evenly. Set aside.
2. In a large skillet, heat 1.5 tablespoon of sesame oil over medium heat. Add the chicken to the skillet and pan-fry until lightly browned (5-8 minutes) and transfer to a bowl.
3. Add remaining sesame oil to the skillet. Then add the scallions, garlic, and ginger and cook until fragrant (about 1 minutes). Once fragrant, add the soy sauce and rice vinegar into the pan and

scrape the bottom of the pan with your wooden spoon to loosen any residue (leave it in the pan, this is full of flavor!).

4. Add the chicken back into the skillet and cook until the chicken has reached an internal temperature of 165°F (about another 3-5 minutes).
5. Add mango pieces to the skillet and cook until thawed (about 1-2 minutes).
6. Remove from the heat, and spoon filling into lettuce leaves to serve.
7. Top with cilantro and enjoy!

Notes

For extra crunch, top with chopped salted peanuts. Serve with lime wedges for a tangy twist.

Keywords: Chicken, Mango, Lettuce Wraps, Asian, Lunch