



Chicken Mango Lettuce Wraps in 30 Minutes

The First Bite That Hooked Me

The first time I tried these wraps, the sweet mango melted into the savory chicken. Crisp lettuce added a fresh crunch. My taste buds danced. **Ever wondered how you could turn weeknight dinners into something unforgettable?** This dish does it. It's like summer on a plate, even in winter.

My Messy First Attempt

I once forgot to thaw the mango. Frozen chunks clattered into the pan like ice cubes. The sauce thickened too fast. **But here's the thing: cooking teaches patience.** Even messy meals bring people together.

Now I laugh at that memory. What's your funniest kitchen fail?

Why These Flavors Sing

- The ginger and garlic add a warm kick. - Sweet mango balances the salty soy sauce. **Which flavor combo surprises you most?** For me, it's the cilantro's bright finish. Try it with peanuts for extra crunch.

A Dish With Roots

Lettuce wraps trace back to Chinese san choy bau. They've traveled the world, adapting along the way. *Did you know mangoes were first grown in India over 4,000 years ago?* Now they're a global favorite. Share your twist on this classic—I'd love to hear!



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Ingredients:

Ingredient	Amount	Notes
Skinless boneless chicken breast	2 pounds	Cut into $\frac{1}{2}$ -inch pieces
All-purpose flour	$\frac{1}{4}$ cup	
Salt	$\frac{1}{2}$ 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	$\frac{1}{4}$ cup	Chopped, for topping
Lime wedges	As needed	For serving (optional)
Salted peanuts	As needed	Chopped, for topping (optional)

Easy Chicken Mango Lettuce Wraps in 4 Simple Steps**Step 1**

See also [Cowboy Queso Recipe for a Bold Dip](#)
Toss chicken, flour, and salt in a bag. Shake well to coat evenly. This keeps the chicken tender. Set it aside while you prep the skillet. **Step 2**
Heat half the sesame oil in a skillet. Cook chicken until golden (5-8 minutes). Move it to a bowl. (Hard-learned tip: Don't crowd the

pan—brown in batches if needed!) **Step 3** Add remaining oil, scallions, garlic, and ginger. Stir until fragrant (1 minute). Pour in soy sauce and vinegar. Scrape the pan—those browned bits add big flavor. **Step 4** Return chicken to the skillet. Cook until it hits 165°F (3–5 minutes). Toss in mango just to thaw. Serve in lettuce leaves, topped with cilantro.

What's the best way to check chicken doneness without a thermometer? Share below! **Cook Time:** 15 minutes **Total Time:** 25 minutes **Yield:** 6 servings **Category:** Dinner, Quick Meals

3 Fun Twists on This Recipe

Spicy Kick Add sliced jalapeños or a dash of sriracha to the sauce. Heat lovers will cheer. **Vegetarian Swap** Use tofu or chickpeas instead of chicken. Keep the flour coating for crunch. **Summer Style** Swap mango for fresh peaches or pineapple. Perfect for backyard picnics. **Which twist would you try first? Vote in the comments!**

Serving Ideas & Perfect Pairings

Serve with steamed jasmine rice or crispy wonton strips. Garnish with extra peanuts and lime. Drink pairing: Iced green tea (non-alcoholic) or a light lager (alcoholic). Both cut the richness. **Which would you choose tonight? Tell me below!**



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Keep It Fresh or Freeze for Later

Store leftover filling in the fridge for up to 3 days. Reheat gently in a skillet with a splash of water. The lettuce wraps taste best fresh, so keep leaves separate. *Fun fact: Frozen mango thaws faster if you rinse it under cool water.* Batch-cook the filling and freeze it for busy nights. Thaw in the fridge overnight before reheating. Why this matters: Meal prep saves time and cuts food waste. Ever tried freezing lettuce wraps? Share your tips below!

See also Joy's Sweet and Spicy Jalapeño Dip

Fix Common Hiccups

Chicken sticking? Heat the oil well before adding it. Sauce too thin? Simmer it 1-2 minutes longer. Lettuce tearing? Pick the sturdiest leaves and pat them dry. Why this matters: Small tweaks make big differences in texture and flavor. My grandkids once used iceberg lettuce—crisp but harder to fold! What's your go-to wrap fix?

Your Questions, Answered

Q: Can I make this gluten-free? A: Swap flour for cornstarch and use tamari instead of soy sauce. **Q: How far ahead can I prep?** A: Chop veggies and chicken a day early. Keep them separate in the fridge. **Q: No mango? What's a good swap?** A: Pineapple or peaches work. Even bell peppers add sweet crunch. **Q: Can I double the recipe?** A: Yes! Use two skillets or cook in batches to avoid crowding. **Q: Are peanuts a must?** A: Nope! Skip them or try toasted sesame seeds for crunch.

Wrap It Up

Hope these wraps brighten your table like they do mine. *Fun fact: My neighbor adds a dash of hot sauce—yum!* **Tag @SavoryDiscovery on Pinterest if you try them.** Happy cooking! —Elowen Thorn