



Cold Lettuce Wraps with Chicken “Salpicon”.

Basic Recipe for Siemens varioSpeed Ovens.
Oven Recipe, Microwave combination.

Category of dish
Lunch –
Low Calorie

Cooking accessories
Ovenproof dish,
Wire rack

Nutrition facts
Energy (Kcal): 264
Protein (g): 18.4
Carbohydrate (g): 4.7
Total fat (g): 18.2

Tips
If you like it spicy, salpicon goes great with some fresh chopped chillies.

You can use other kinds of lettuce, for example endive cups as an alternative to baby romaine.

For 4 servings

INGREDIENTS

For the chicken:

1 whole chicken breast
(with bone and skin), 600 g
10 g salt
1 tsp ground black pepper, 3 g

For the salpicon:

60 g red onions
200 g tomatoes
1 bunch fresh coriander, 25 g
150 g radishes
40 ml lemon juice
40 ml olive oil

For the lettuce wraps:

3 baby romaine lettuce hearts

PREPARATION

1. Rinse the chicken breasts under cold water and pat dry.
2. Season with salt and pepper and place in an ovenproof dish. Grill as indicated.
3. While the chicken is grilling, peel the onion, rinse tomatoes, coriander and radishes under cold water and pat dry.
4. Cut the red onions as thinly as possible, place in a bowl with ice cold water and let sit for about 10 minutes.
5. Cut the tomatoes into quarters, remove the seed and discard. Cut the flesh into 0.5 cm dices.
6. Discard the green and the root of the radishes. Cut them into quarters.
7. Drain the onions and mix with the rest of the ingredients for salpicon.
8. Shred the cooked chicken breasts and let cool slightly, mixing with the cooking juices. Discard the bone.
9. Plug off the outer leaves from the baby romaine, set aside. Chop the hearts and add to chicken salpicon.
10. Mix with meat and vegetables.
11. Distribute the salpicon among the lettuce cups.

Setting procedure with your varioSpeed Oven.

60 cm Oven:

For the chicken: Oven proof dish on wire rack – level 2; Microwave combination: Hot Air Grill / 200 °C / 360 W; Meat probe: 75 °C

45 cm Oven:

For the chicken: as 60 cm oven, except oven proof dish on wire rack – level 1

Alternative settings (conventional heating function)

60 cm Oven:

For the chicken: Oven proof dish on wire rack – level 2; Hot Air Grill 200° C; Grilling time: 45 minutes

45 cm Oven:

For the chicken: as 60 cm oven, except oven proof dish on wire rack – level 2