

RECIPE: Pomelo & Mandarin Chicken Salad in Lettuce Cups

ASIAN FOOD

Sesame oil, 0.5 fl. oz.
Chili garlic sauce, 1 tsp.

BREAKFAST FOODS

Peanut butter (smooth), 2.3 oz.
Honey, 0.76 oz.

CANNED FOOD

Chicken stock (canned), 8.57 oz.

CONDIMENTS & OIL

Soy sauce, 0.83 fl oz.

FRUITS

Orange, 0.13 oz.
Pomelo, 1 small

JUICES

Orange juice, 2 fl oz.
Lemon juice, 2 fl oz.

NUTS, SEEDS & DRIED FRUITS

Peanuts, 1.3 oz.

POULTRY

Chicken breast (bone-in), 1

SPICES & SEASONINGS

Ginger, 1 slice

VEGETABLES

Chinese cabbage, 1.36 oz.
Garlic, 1 clove
Ginger root, 0.02 oz.
Green onion, 0.86 oz.
Bell pepper (yellow), 1.33 oz.
Bell pepper (red), 1.33 oz.
Fresh mint, 0.81 oz.
Lettuce leaves (Boston Bibb), 8

MISCELLANEOUS

Chinese beer, 12 oz.
Mandarin orange segments, 0.5 cup