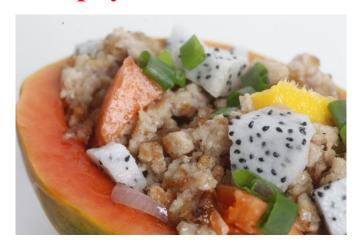
# Papaya Boat 木瓜船



Serves 2 Preparation time: 5 minutes Cooking time: 3 minutes

#### **Ingredients:**

4oz ground chicken

1 teaspoon shallot, thinly sliced

1 teaspoon lemongrass, finely chopped

½ red bell pepper, seeded and diced

1 ripe papaya, seeded and diced

1 dragon fruit, diced

1 cup mango, diced

1 tablespoon cooking oil

#### **Dressing**

1tablespoon vinegar

1 tablespoon honey

1 teaspoon fish Sauce

1/4 teaspoon salt

½ chili garlic sauce

## **Cooking Method:**

- 1. Cut papaya into half. Seed both. Keep half as is and scoop the flesh out of the other half and dice it.
- 2. Preheat sauté pan over high heat and add a few drops of cooking oil. Add shallot and cook for 20 seconds or until fragrant. Add ground chicken and cook for a minute, then add Vietnamese sauce and cook until sauce thickens. Add the diced papaya, toss well and transfer back to the half cut papaya.

#### 配料:

- 4 盎司雞肉
- 1茶匙蔥,切成薄片
- 1 茶匙檸檬草,切碎
- ½紅燈籠椒,去籽切粒
- 1 個成熟的木瓜,去籽切丁
- 1個火龍果,切成丁
- 1 杯芒果, 切成丁
- 1湯匙食用油

## 醬料

- 1 湯匙醋
- 1湯匙蜂蜜
- 1 茶匙魚露
- ¼茶匙鹽
- ½辣椒蒜醬

## 烹飪方法

- 1. 將木瓜切成兩半。去除種子。 保持一半不變, 將肉從另一半中撈出並切成丁。
- 2.用高熱量預熱煎鍋,並加入幾滴食用油。 加入小蔥,煮20秒鐘或直到香。加入雞肉末 煮一分鐘,然後加入醬汁煮至醬汁變稠。加入 切丁的木瓜,拌勻,然後切回到半切木瓜中。