Papaya Boat 木瓜船

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
¼ 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。