



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### PRODUCT SPOTLIGHT: CORIANDER

The whole coriander plant is edible and with roots carrying the most flavour! You either love or hate coriander, some people describe it as leaving a soapy taste in their mouths. The reason for the unpleasant taste has actually got to do with genetics!



## 4. BANH MI LETTUCE CUPS

A fresh and delicious version of the much loved Vietnamese Banh mi rolls! Seared beef strips and pickled vegetables wrapped in lettuce and topped with crunchy peanuts.

 30 Minutes

 4 Servings

#### PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
50g	31g	28g

## FROM YOUR BOX

RED ONION	1/4 *
CARROT	1
BEAN SHOOTS	1 bag (250g)
BEAN THREAD NOODLES	1 packet
CORIANDER	1/2 packet *
RED CHILLI	1
PEANUTS	1 packet (40g)
BABY COS LETTUCE	2 pack
BEEF STIR FRY STRIPS	600g
CHIPOTLE MAYO	3/4 cup *

\* Ingredient also used in another recipe

## FROM YOUR PANTRY

oil (for cooking), fish sauce (or soy sauce), pepper, sugar (of choice), red wine vinegar (or rice wine vinegar)

## KEY UTENSILS

saucepan, frypan

## NOTES

The chipotle mayonnaise varies in thickness. If your mayonnaise is already thin enough to drizzle then you won't need to add any water.

Dress the noodles with fish sauce and sesame oil if desired.

**No beef option - beef strips are replaced with chicken stir-fry strips.** Increase cooking time to 6-8 minutes or until cooked through.



### 1. PICKLE THE VEGETABLES

Combine **2 tbsp vinegar** with **1 tbsp fish sauce** and **2 tsp sugar**. Thinly slice onion. Julienne or ribbon carrot. Toss into dressing along with bean shoots. Set aside.



### 2. COOK THE NOODLES

Bring a saucepan of water to the boil and cook noodles for 2-3 minutes, or until just tender. Drain and rinse in cold water.



### 3. PREPARE THE TOPPINGS

Roughly chop coriander. Slice chilli and chop peanuts. Combine chipotle mayo with **1 tbsp water** to reach a drizzling consistency (see notes).

Separate and rinse lettuce leaves.



### 4. COOK THE BEEF

Heat a frypan over high heat. Coat beef with **1 tbsp fish sauce, oil and pepper**. Cook (in batches) for 1-2 minutes or until cooked to your liking.



### 5. FINISH AND PLATE

Assemble lettuce cups at the table with noodles, beef, pickled vegetables, toppings and a drizzle of mayo.