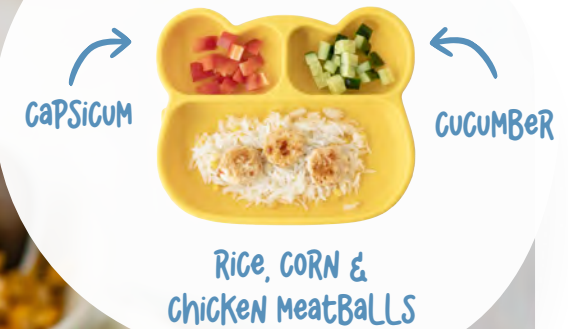


for the
little ones

San Choy Bau

Flavoursome chicken and rice served in lettuce cups make a quick and easy share-style dinner.



20 Minutes



2 Servings



Chicken

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FROM YOUR BOX

BABY COS LETTUCE	1
BROWN ONION	1
CORN COB	1
GINGER	1 piece
PRE-COOKED RICE	1 packet (250g)
CHICKEN MINCE	300g
GARLIC CLOVE	1
RED CAPSICUM	1
LEBANESE CUCUMBER	1

FROM YOUR PANTRY

sesame oil (or other), soy sauce, sweet chilli sauce

COOKING TOOLS

kettle, large frypan

You can serve this dish as chicken fried rice if you prefer!

Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.



1. PREPARE the Lettuce cups

Separate and rinse lettuce leaves. Keep in a bowl of water in the fridge until serving.



2. PREPARE the INGREDIENTS

Boil the kettle.

Peel and dice onion, remove corn kernels from cob and grate ginger to yield 1/2 tbsp. Place rice in a colander and rinse in hot water. Keep separate.



3. COOK the chicken

Heat a large frypan with **oil** over medium-high heat. Add chicken mince and cook for 3-4 minutes breaking up lumps with a spatula. Add onion, ginger and crushed garlic.



4. ADD Rice & Sauces

Once onion has softened, add rice and corn to pan. Cook for 2 minutes then season with **1-2 tbsp soy sauce** and **1-2 tbsp sweet chilli sauce**.

tip Serve chicken and rice separately if preferred. Use soy sauce and sweet chilli sauce to taste!



5. PREPARE the TOPPINGS

Dice capsicum and cucumber.

tip Add other toppings to taste such as sesame seeds, cashews, peanuts or fried shallots!



6. FINISH AND SERVE

Place chicken, cucumber, capsicum and lettuce cups at the table.

Spoon chicken into lettuce cups and add toppings to serve.

tip Use more sweet chilli or soy sauce if you like!