



FOR the
Little ones



RICE, CORN &
CHICKEN MEATBALLS



San Choy Bau

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

 20 Minutes

 2 Servings

 Chicken

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	33g	15g	81g

FROM YOUR BOX

BASMATI RICE	150g
BABY COS LETTUCE	1
CHICKEN MINCE	300g
BROWN ONION	1
GARLIC CLOVE	1
GINGER	1 piece
CORN COB	1
RED CAPSICUM	1
LEBANESE CUCUMBER	1

FROM YOUR PANTRY

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

COOKING TOOLS

saucepan, 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. COOK THE RICE

Place **rice** in a saucepan, cover with **300ml water**. Bring to a boil. Cover with a lid and reduce to medium-low heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. PREPARE THE LETTUCE CUPS

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



3. COOK THE CHICKEN

Heat a large frypan with **oil** over medium-high heat. Add **chicken mince** and cook for 3 minutes breaking up lumps with a spatula. Dice and add **onion**, crush in **garlic** and cook for a further 3 minutes.



4. ADD CORN, RICE & SAUCES

Grate **ginger** to yield 1/2 tbsp and remove **corn kernels** from **cob**. Add to pan with **cooked rice**. 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!