



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

 4/6 Servings

 Chicken

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	33g	15g	40g/59g
4/6 Person:			

FROM YOUR BOX

	4 PERSON	6 PERSON
BASMATI RICE	150g	300g
BABY COS LETTUCE	2-pack	2-pack
CHICKEN MINCE	600g	600g + 300g
BROWN ONION	1	1
GARLIC CLOVES	2	3
GINGER	1 piece	2 pieces
CORN COB	1	2
RED CAPSICUM	1	2
LEBANESE CUCUMBERS	2	3

FROM YOUR PANTRY

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

COOKING TOOLS

saucepan, large frypan

You can serve the chicken and rice separately if preferred by the family.

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.

6P – Cover rice with 600ml water.



4. ADD CORN, RICE & SAUCES

Grate **ginger** and remove **corn kernels** from **cob**. Add to pan with **cooked rice**. Cook for 2 minutes then season with **2 tbsp soy sauce** and **2 tbsp sweet chilli sauce**.

6P – use 3 tbsp soy sauce and 3 tbsp sweet chilli sauce (or more to taste).



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 3-4 minutes breaking up lumps with a spatula. Dice and add **onion**, crush in **garlic** and cook for a further 3-4 minutes.



5. PREPARE THE TOPPINGS

Dice **capsicum** and **cucumbers**.

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!