

for the
little onesCRUNCHY
CAPSICUMSUSHI RICE &
MEATBALLS

Beef Lettuce cups

Beef mince cooked in teriyaki marinade and served in crunchy lettuce cups with colourful veggies.

 20 Minutes 2 Servings Beef

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FROM YOUR BOX

SUSHI RICE	150g
BABY COS LETTUCE	1
BEEF MINCE	300g
TERIYAKI SAUCE	1 jar
RED CABBAGE	1/4
RED CAPSICUM	1
CHIVES	1 bunch
SESAME SEEDS	1 packet

FROM YOUR PANTRY

oil for cooking

COOKING TOOLS

saucepan or rice cooker, frypan

Make meatballs and cook them in the teriyaki sauce to serve over rice! Stir-fry cabbage, chives and capsicum for a warm side.

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

Rinse **sushi rice**. Place in a saucepan with **325ml water**. Cover and bring to a boil, then reduce heat to medium-low. Cook, semi-covered, for 20 minutes until rice is tender and water is absorbed.

tip Use a rice cooker if you have one!



4. PREPARE the VEGGIES

Meanwhile, thinly shred **red cabbage**, dice **capsicum** and slice **chives**.



2. PREPARE the Lettuce CUPS

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



5. FINISH AND SERVE

Serve teriyaki beef and sushi rice in the crunchy lettuce cups. Garnish with cabbage, capsicum, chives and **sesame seeds** to taste. Spoon over more teriyaki sauce to taste.



3. COOK the Beef

Heat a frypan with **oil** over medium-high heat. Add **beef** and cook for 5-8 minutes, using a spatula to break up lumps. Stir in **2 tbsp teriyaki sauce** and cook for a further 2 minutes.

tip Use sauce to taste, or serve on the side if preferred.