



FOR the  
Little ONES



CRUNCHY  
CAPSICUM

SUSHI RICE &  
MEATBALLS



# Beef Lettuce cups

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

 25 Minutes

 2 Servings

 Beef

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## FROM YOUR BOX

|                  |         |
|------------------|---------|
| SUSHI RICE       | 150g    |
| BABY COS LETTUCE | 1       |
| BEEF MINCE       | 300g    |
| TERIYAKI SAUCE   | 1 tub   |
| RED CABBAGE      | 1/4     |
| RED CAPSICUM     | 1       |
| CHIVES           | 1 bunch |
| SESAME SEEDS     | 10g     |

## 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!



### 2. PREPARE THE LETTUCE CUPS

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



### 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.



### 4. PREPARE THE VEGGIES

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



### 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.