



Beef Lettuce cups

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

 25 Minutes

 4/6 Servings

 Beef

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FROM YOUR BOX

| | 4 PERSON | 6 PERSON |
|------------------|----------|-------------|
| SUSHI RICE | 300g | 300g + 150g |
| BABY COS LETTUCE | 2-pack | 2-pack |
| BEEF MINCE | 600g | 600g + 300g |
| TERIYAKI SAUCE | 1 tub | 2 tubs |
| RED CABBAGE | 1/4 | 2 x 1/2 |
| RED CAPSICUM | 1 | 2 |
| CHIVES | 1 bunch | 1 bunch |
| SESAME SEEDS | 10g | 2 x 10g |

FROM YOUR PANTRY

oil for cooking

COOKING TOOLS

saucepan or rice cooker, large 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 **650ml 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.

6P - Place rice in a saucepan with 975ml water.



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 **1/2 jar teriyaki sauce** and cook for a further 2 minutes.

6P - Stir in 1 jar teriyaki sauce.

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.

6P - Serve with remaining 1 jar teriyaki sauce.