



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Peanuts

Despite the name, peanuts are not nuts! Instead, they're legumes and grow underground. They're a great addition to many dishes, and can also be enjoyed as a snack.



3 Beef Larb

Larb is the unofficial national dish of Laos, consisting of minced meat, fresh veggies, rice and lots of flavour!

 25 minutes

 2 servings

 Beef

17 August 2020

Flavour explosions

Invite the kids to help you season the meat in step 5. Talk about different aromatics and their flavours. You can also add a little finely diced ginger or replace soy sauce with fish sauce, or even add fresh chilli!

FROM YOUR BOX

BASMATI RICE	150g
LIME	1
CHERRY TOMATOES	1/2 bag (100g) *
LEBANESE CUCUMBER	1
PEANUTS	1 packet (40g)
BEAN SHOOTS	1 bag (250g)
BEEF MINCE	300g
RED ONION	1/4 *
GARLIC CLOVE	1
KAFFIR LIME LEAF	1

**Ingredient also used in another recipe*

FROM YOUR PANTRY

sesame oil, soy sauce, sweet chilli sauce, pepper

KEY UTENSILS

saucepan, frypan or wok

NOTES

Use rice tub to easily measure water.

For the best result, when slicing the kaffir lime leaf remove the core and slice super thinly.

No beef option – beef mince is replaced with **chicken mince**. Cook as per recipe, adding 1/2 tbsp oil at step 4.



1. COOK THE RICE

Place rice in a saucepan and cover with 1.5 x amount of water (see notes). Cover with lid, cook over low heat for 10–15 minutes. Remove from heat, let stand 5 minutes. Stir carefully with a fork.



2. MAKE THE SAUCE

Combine 1/2 the lime zest and juice (wedge remaining) with **1 tbsp soy sauce**, **1 tbsp sesame oil** and **1/4 cup sweet chilli sauce**.



3. PREPARE THE TOPPINGS

Halve cherry tomatoes, slice cucumber and roughly chop peanuts. Arrange on a platter with half the bean shoots.



4. COOK THE MINCE

Heat a frypan over medium–high heat. Add mince and cook for 4–5 minutes, breaking up any lumps as you go.



5. ADD THE AROMATICS

Slice onion, crush garlic and thinly slice kaffir lime leaf (see notes). Add to pan as you go with remaining bean shoots, 2 tbsp of the sauce, **1/2 tbsp soy sauce** and **1/2 tbsp sesame oil**. Cook for 2–3 minutes.



6. FINISH AND PLATE

Season larb with extra **soy sauce** and **pepper** to taste.

Divide rice among bowls, top with mince and fresh toppings. Spoon over sauce to serve and add a wedge of lime.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

