



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](mailto:hello@dinnertwist.com.au)

