



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Water Chestnuts

Water chestnuts contain no cholesterol, only a trace of fat, and are high in dietary fibre. With their nutrient-rich profile, they are a great addition to any meal!



F4 Hoisin and Ginger Chicken Lettuce Cups

Free-range chicken mince with mushrooms and water chestnuts in a ginger and hoisin sauce served in fresh and crunchy lettuce cups.



20 minutes



4 servings



Chicken

4 November 2022

Bulk it up!

To get some extra servings from this meal, add cooked vermicelli noodles or cooked long-grain rice to the filling. Be sure to make more sauce if you do bulk it up.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	39g	3g	17g

FROM YOUR BOX

GINGER	40g
SPRING ONIONS	1 bunch
CARROTS	2
BABY KING OYSTER MUSHROOMS	1 bag
TINNED WATERCHESTNUTS	225g
BABY COS LETTUCE	2-pack
CHICKEN MINCE	600g
BEAN SHOOTS	1 bag

FROM YOUR PANTRY

oil for cooking, salt, pepper, 1 garlic clove, hoisin sauce, white wine vinegar

KEY UTENSILS

large frypan

NOTES

We used sesame oil for extra flavour.

Add half the bean shoots to cook with the chicken if you want to warm up the dish a little.

Serve with chilli if desired.



1. MAKE THE SAUCE

Peel and grate ginger. Crush **garlic clove**. Add to a bowl with **2 tbsp hoisin sauce** and **1 tbsp vinegar**. Stir to combine.



2. PREPARE THE INGREDIENTS

Finely slice spring onions. Julienne or grate carrots and halve any larger mushrooms. Drain water chestnuts. Pull apart lettuce leaves.



3. COOK THE CHICKEN MINCE

Heat a large frypan over medium-high heat with **oil** (see notes). Add chicken mince and spring onions (reserve green tops for garnish) and cook, stirring occasionally, for 4-6 minutes until browning begins.



4. ADD THE VEGETABLES

Add the carrots, mushrooms and water chestnuts to frypan. Cook, stirring occasionally, for 5 minutes until vegetables are tender.



5. ADD THE SAUCE

Add sauce and cook for a further minute. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Serve chicken and cooked vegetables in lettuce cups. Top with fresh bean shoots and garnish with reserved spring onion green tops (see notes).

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**

