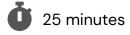


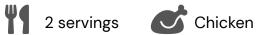


Chicken San Choy Bau

Chinese lettuce wraps, served in a bowl for an even easier weeknight dinner! Featuring fragrant chicken, fresh veggies and satisfying rice.







Veggie sticks

Serve the carrot and cucumber cut into sticks if you (or the kids) prefer.

FROM YOUR BOX

BASMATI RICE	150g
CONTINENTAL CUCUMBER	1/2 *
CARROT	1
SPRING ONIONS	2
GEM LETTUCE	2 *
BEAN SHOOTS	1 bag (250g)
MINT	1/2 bunch *
GINGER	1 piece
GARLIC CLOVE	1
CHICKEN MINCE	300g

^{*}Ingredient also used in another recipe

FROM YOUR PANTRY

sesame oil, soy sauce, sweet chilli sauce, pepper

KEY UTENSILS

frypan, saucepan

NOTES

Use the rice tub to easily measure right amount of water.

You can also serve the ingredients in lettuce leaves for an authentic san choy bau dinner!



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. PREPARE THE TOPPINGS

Ribbon the cucumber and carrot using a peeler. Finely slice green ends of spring onions. Wash and separate lettuce. Arrange on a plate with half the bean shoots and chopped mint leaves.



3. COOK THE AROMATICS

Slice remaining white ends of the spring onions, grate the ginger to yield 1/2 tbsp and crush garlic. Heat a frypan with sesame oil over medium-high heat and add aromatics, and cook for 1-2 minutes.



4. ADD THE CHICKEN MINCE

Add mince and cook, breaking up with a spatula, for 5-6 minutes or until cooked through. Add remaining bean shoots, 1 tbsp soy sauce and 1/2 tbsp sweet chilli sauce. Season to taste with pepper and extra soy sauce.



5. FINISH AND PLATE

Arrange all ingredients in a bowl (see notes) and serve with extra soy and sweet chilli sauce if desired.

