



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Mint

If you have any mint leaves leftover, you can steep them in a cup of hot water to make tea! Add a dash of lemon juice and/or honey to serve if you'd like.



## 2 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.

 25 minutes

 2 servings

 Chicken

19 October 2020

## 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.

**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**

