



Product Spotlight: Peanuts

Although they have “nut” in their name, peanuts are actually legumes. Like their relatives, peas and beans, they are edible seeds enclosed in a pod.



2 San Choy Bau with Chicken

Family favourite San Choy Bau. Quickly fried chicken mince with spring onions and carrot finished with crunchy peanuts and a squeeze of lemon.

 25 minutes

 2 servings

 Chicken

31 December 2021

BBQ chicken patties!

Make some chicken patties with mince, a couple of spring onions and some lemon zest. Spoon onto barbecue plate and serve with rice, lettuce and carrot. Make an Asian dressing with ginger, soy sauce and sweet chilli sauce.

FROM YOUR BOX

BASMATI RICE	150g
BABY COS LETTUCE	1
ROASTED PEANUTS	1 packet (60g)
LEMON	1
SPRING ONIONS	4
GINGER	1 piece
CARROT	1
CHICKEN MINCE	300g

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking (we used sesame oil), pepper, soy sauce, sweet chilli sauce

KEY UTENSILS

large frypan or wok, saucepan

NOTES

If you like some spice add some dried chilli at step 4 or serve with some sliced fresh chilli.

You can leave the rice separate if you prefer.



1. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of water. Cover with a lid, cook on lowest heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. PREPARE THE LETTUCE

Wash and separate lettuce. Roughly chop peanuts and wedge lemon.



3. PREPARE VEGETABLES

Slice spring onions, grate ginger and julienne or grate carrot.



4. COOK THE STIR FRY

Heat a large frypan with **oil**. Add chicken mince and cook for 3–4 minutes, breaking up with a spoon as you go. Add spring onions, carrots and ginger. Fry for a further 3–4 minutes until just tender.



5. STIR THROUGH THE RICE

Stir rice through the chicken mix along with **2 tbsp soy sauce and 1 tbsp sweet chilli sauce** (see notes). Season to taste with extra **soy, sweet chilli and pepper**.



6. FINISH AND SERVE

Construct lettuce cups with mince, top with peanuts, and serve with lemon wedge, and extra **soy sauce and sweet chilli sauce** to taste.

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**

