



Product Spotlight: Mrs Tran's Kitchen

The Mrs Tran's story originated from the busy streets of Cholon (Ho Chi Minh City's Chinatown). Sharing delicious food with her local community was always part and parcel of Mrs Tran's life.



Cumin Lamb Stir-Fry with Brown Rice Noodles

Lamb mince stir-fried with cumin and a homemade sauce with a rainbow of vegetables tossed with brown rice noodles from Mrs Tran's Kitchen.



20 minutes



4 servings



Lamb

10 March 2023

Saucy!

If you want to add extra flavour to your sauce, try adding some grated ginger. Alternatively, switch the soy sauce for hoisin sauce or oyster sauce.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	33g	9g	62g

FROM YOUR BOX

BROWN RICE NOODLES	1 packet
LAMB MINCE	500g
SPRING ONIONS	1 bunch
GARLIC CLOVES	2
CARROTS	2
RED CAPSICUM	1
GREEN CABBAGE	1/2

FROM YOUR PANTRY

oil for cooking, pepper, ground cumin, soy sauce (or tamari), honey, rice wine vinegar

KEY UTENSILS

large frypan, saucepan

NOTES

If you're cooking for kids, you can reduce the amount of pepper to suit their tastebuds. Alternatively, use ground white pepper if you want to hide it from the eyes of fussy eaters.



1. COOK THE NOODLES

Bring a saucepan of water to a boil. Add noodles and cook according to packet instructions or until al dente. Drain and rinse.



2. BROWN THE LAMB MINCE

Heat a large frypan over medium-high heat. Add lamb mince and 3 tsp cumin. Use the back of a spoon to break mince up. Cut spring onion into 4cm pieces (reserve green tops for garnish) and crush garlic cloves. Add to pan and cook with mince for 7 minutes.



3. MAKE THE SAUCE

Meanwhile, add 3 tbsp soy sauce, 2 tbsp rice wine vinegar, 1 1/2 tbsp honey, 1/2 cup water and 2 tsp ground pepper (see notes) to a bowl. Whisk to combine.



4. COOK THE VEGETABLES

Slice carrots and capsicum. Add to pan as you go. Cook for 3 minutes. Slice the cabbage and add to pan. Cook for a further minute.



5. TOSS SAUCE AND NOODLES

Remove pan from heat. Add sauce and noodles. Toss until well combined.



6. FINISH AND SERVE

Divide noodles among bowls. Garnish with spring onion green tops.

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**

