



Product Spotlight: Baby Cos Lettuce

Baby cos lettuce can often be sandy. Trim the lettuce and separate the leaves. Soak in a bowl of water to remove excess sand before rinsing in a salad spinner.



Lamb San Choy Bau with Noodles

A fresh twist on lettuce cups with hoisin lamb mince, noodles, crunchy veggies, and a sprinkle of crispy shallots and peanuts.



30 minutes



2 servings



Lamb

Warm it up!

You can turn this into a noodle stir-fry. Cook noodles, then toss in a pan with cooked lamb mince, carrot, capsicum, and hoisin sauce. Stir through a splash of soy sauce or sweet chilli, and top with peanuts, shallots, and spring onions to finish.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	31g	23g	45g

FROM YOUR BOX

BEAN THREAD NOODLES	100g
CARROT	1
RED CAPSICUM	1
BABY COS LETTUCE	1
FRIED SHALLOT AND PEANUTS	1 packet
SPRING ONIONS	1 bunch
GARLIC CLOVE	1
LAMB MINCE	300g

FROM YOUR PANTRY

sesame oil, salt, pepper, ground cumin, hoisin or oyster sauce

KEY UTENSILS

frypan, saucepan

NOTES

Hoisin and oyster sauce can be substituted with a stir fry sauce of your choice. You can also use a combination of honey and soy sauce for a sweet savoury flavour. Add some grated ginger or sweet chilli sauce for a different depth of flavour.



1. COOK THE NOODLES

Bring a saucepan of water to boil. Add **noodles** and cook for 2–3 minutes or until just soft. Drain and rinse under cold water to stop cooking. Toss with **1/2 tbsp sesame oil** and set aside.



2. PREPARE THE TOPPINGS

Julienne or grate **carrot**, slice **capsicum**. Separate and rinse **lettuce leaves**. Set all toppings aside along with **fried shallots** and **peanuts**.



3. COOK THE AROMATICS

Heat **1 tbsp sesame oil** in a frypan over medium heat. Slice and add **spring onions** and crush **garlic**. Stir in **2 tsp cumin** and cook for 1–2 minutes until fragrant.



4. COOK THE LAMB

Increase heat to medium-high. Add **lamb mince** to pan and cook for 5 minutes, breaking it up as it browns. Stir through **1 tbsp hoisin sauce** and cook for another 2–3 minutes until well coated (see notes).



5. FINISH AND SERVE

Serve **lettuce cups** at table with **noodles**, **lamb**, **fresh toppings** and **fried shallots** for garnish.



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