



### Product Spotlight: Green beans

Unlike fruits which become sweeter the longer they stay on the tree or bush, beans are sweetest when young.



## Massaman Pork Lettuce Cups

Thai style pork mince with red capsicum and beans cooked in a massaman curry sauce and served in crispy lettuce cups finished with fragrant Thai basil, crunchy peanuts and fried shallots.



30 minutes



4/6 servings



Pork

### Mix it up!

*Make fried rice or fried noodles by tossing the pork mixture with rice or noodles in the pan. Serve with a side of lettuce and top with a fried egg.*

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	31g/32g	34g/38g	16g/17g

## FROM YOUR BOX

	4 PERSON	6 PERSON
BABY COS LETTUCE	2-pack	2-pack
SPRING ONIONS	1 bunch	2 bunches
GREEN BEANS	250g	250g
RED CAPSICUM	1	2
PORK MINCE	500g	2 x 500g
MASSAMAN CURRY PASTE	2 sachets	3 sachets
TINNED WATER CHESTNUTS	1 tin	1 tin
LIME	1	2
THAI BASIL	1 packet	2 packets
FRIED SHALLOT & PEANUT MIX	60g	60g + 30g

## FROM YOUR PANTRY

oil for cooking, soy sauce

## KEY UTENSILS

large frypan

## NOTES

You can serve the pork over rice or add some coconut milk for a quick curry.



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### 1. PREPARE THE LETTUCE CUPS

Separate and rinse **lettuce leaves**. Keep in a bowl of water in the fridge until serving.



### 2. PREPARE THE VEGGIES

Slice **spring onions** (white and green parts) and **beans**. Dice or slice **red capsicum**.



### 3. COOK THE PORK & VEGGIES

Heat a large frypan with **oil** over medium-high heat. Add **pork** and cook for 3-4 minutes. Break up **mince** with a spatula. Stir in **veggies** and cook for further 3-4 minutes.



### 4. FINISH THE PORK MIXTURE

Stir in **curry paste** to pan and combine well. Drain and chop **water chestnuts** and add along with **1/2 cup water**. Season with **lime zest** and **1/2 tbsp soy sauce**. Cook for 4-5 minutes or until reduced.

**6P** - season with 1-2 tbsp soy sauce to taste, and zest from up to 2 limes.



### 5. PREPARE THE TOPPINGS

In the meantime, wedge **lime**, pick and slice **Thai basil**. Arrange on a plate with **fried shallot & peanut mix**.



### 6. FINISH AND SERVE

Take everything to the table and allow everyone to make their own **lettuce cups** with **curried pork** and **toppings** to taste.

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