




Product Spotlight: Shichimi Togarashi


This Japanese spice blend has origins dating back to at least the 17th century when it was produced by herb dealers in Edo, or modern day Tokyo.



4 Hoisin Lettuce Wraps with Lentil Mince

Protein-packed lentil mince, seasoned with hoisin sauce and shichimi togarashi. Served with fresh vegetables and noodles in lettuce wraps.

 30 mins

 2 servings

 Plant-Based

10 September 2021

Switch it up!

Save the lettuce for another dish. Use the remaining ingredients to make a stir fry. Cook the veggie lentil patties, add prepared vegetables to cook, then toss through hoisin, togarashi and noodles.

Per serve: **PROTEIN** 19g **TOTAL FAT** 9g **CARBOHYDRATES** 87g

FROM YOUR BOX

| | |
|-----------------------|------------------|
| VERMICELLI NOODLES | 1 packet (100g) |
| SPRING ONIONS | 1/3 bunch * |
| CARROT | 1 |
| CHERRY TOMATOES | 1/2 bag (100g) * |
| BABY COS LETTUCE | 1 |
| BEAN SHOOTS | 1 bag (250g) |
| VEGGIE LENTIL PATTIES | 1 packet |
| SHICHIMI TOGARASHI | 1/2 packet * |

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt, hoisin sauce

KEY UTENSILS

large frypan, saucepan

NOTES

We used sesame oil for added flavour.



1. COOK THE NOODLES

Bring a saucepan of water to the boil. Add noodles and cook for 2–3 minutes or until softened. Drain and rinse.



2. PREPARE VEGETABLES

Thinly slice spring onion green tops (reserve the whites), julienne or grate carrot, halve cherry tomatoes. Wash and separate lettuce leaves. Arrange on a serving platter with bean shoots.



3. COOK THE FILLING

Heat a frypan over medium–high heat with **oil** (see notes). Add patties and reserved spring onion whites. Use the back of a spoon to break up patties. Cook for 3–4 minutes, until warmed through. Remove from heat.



4. SEASON THE FILLING

Toss 1–2 tsp shichimi togarashi and **1 tbsp hoisin sauce** through the filling. Season with **salt** to taste.



5. FINISH AND SERVE

Construct lettuce cups at the table with noodles, filling, fresh vegetables and an extra sprinkle of shichimi togarashi to garnish. Serve with **hoisin 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

