



### 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

 4 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** 8g **CARBOHYDRATES** 84g

## FROM YOUR BOX

VERMICELLI NOODLES	1 packet (200g)
SPRING ONIONS	1/3 bunch *
CARROTS	2
CHERRY TOMATOES	1/2 bag (200g) *
BABY COS LETTUCE	2-pack
BEAN SHOOTS	1 bag (250g)
VEGGIE LENTIL PATTIES	2 packets
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 carrots, 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 2–3 tsp shichimi togarashi and **2 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](mailto:hello@dinnertwist.com.au)

