



### Product Spotlight: Garlic

Garlic is rich in sulphur which has been shown to provide us with health advantages in a wide variety of body systems. This includes our immune, cardiovascular and digestive systems!



## 2 Chicken Larb Lettuce Cups

Crisp cos lettuce leaves filled with bean thread noodles, fragrant chicken, fresh veggies and served with a punchy lime dressing.

 30 minutes

 2 servings

 Chicken

21 December 2020

### Spice it up!

*You can add chopped lemongrass, grated ginger or finely sliced kaffir lime leaves to the chicken for a more exciting flavour. Instead of making lettuce cups, you can shred the lettuce and serve as a noodle salad instead.*

Per serve: **PROTEIN** 34g **TOTAL FAT** 31g **CARBOHYDRATES** 55g

## FROM YOUR BOX

BEAN THREAD NOODLES	1 packet (100g)
BABY COS LETTUCE	1
RED CAPSICUM	1/2 *
CORIANDER	1/2 packet *
BEAN SHOOTS	1 bag (200g)
LIME	1
GARLIC	1 1/2 cloves *
RED ONION	1/2 *
CHICKEN MINCE	300g

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, soy sauce or tamari, chilli flakes (optional)

## KEY UTENSILS

large frypan, saucepan

## NOTES

For the best flavour use sesame oil or a neutral flavoured oil in the dressing. You could also use fish sauce instead of soy sauce for a more authentic flavour.



### 1. COOK THE NOODLES

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



### 2. PREPARE THE SALAD

Separate and rinse lettuce leaves. Slice capsicum. Chop coriander and set aside with bean shoots.



### 3. PREPARE THE DRESSING

Zest the lime and set aside. Combine lime juice with 1/2 crushed garlic clove, **1/4 tsp chilli flakes**, **2 tbsp soy sauce** and **2 tbsp oil** (see notes).



### 4. COOK THE CHICKEN

Heat a frypan over medium–high heat with **oil**. Slice and add onion along with chicken mince. Crush in 1 garlic clove, add lime zest and **1/2 tbsp soy sauce**. Cook for 6–8 minutes until cooked through.



### 5. FINISH AND PLATE

Assemble the lettuce cups at the table with noodles, chicken, salad and dressing.

**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**

