



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Asian Beef Lettuce Cups

Crunchy lettuce cups filled with savoury stir-fry beef mince and rice. Quick and delicious!



30 minutes



4/6 servings



Beef

FROM YOUR BOX

	4 PERSON	6 PERSON
BASMATI RICE	300g	300g + 150g
BABY COS LETTUCES	2-pack	2-pack
SPRING ONIONS	1 bunch	2 bunches
CARROT	1	2
BEAN SHOOTS	1 bag	1 bag
BEEF MINCE	600g	600g + 300g

FROM YOUR PANTRY

oil for cooking, hoisin sauce or oyster sauce

NOTES

Add any extra vegetables you may have in the fridge to make extra serves! Diced capsicum, sliced mushrooms, corn or sliced celery work well! Fresh coriander or mint can be used as a garnish if you have some.

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1. COOK THE RICE

Place **rice** in a saucepan, cover with **600ml water**. Cover with a lid and bring to a boil. Reduce to medium-low heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.

6P – cover rice with 900ml water.

2. PREPARE THE VEGETABLES

Separate and rinse **lettuce** leaves. Set aside.

Slice **spring onions**. Julienne or grate **carrot**. Set aside with **bean shoots**.

3. COOK THE BEEF

Cook the **beef** and **spring onions** in a frypan over medium-high heat with **oil** for 8–10 minutes. Stir through **carrot**, **1/2 bean shoots**, **2–3 tbsp hoisin or oyster sauce**.

6P – use 3–4 tbsp hoisin or oyster sauce.



Add grated ginger, crushed garlic and use sweet chilli sauce for extra flavour. Use a pre-made stir-fry sauce for convenience. Use coconut oil or sesame oil for flavour!

4. FINISH AND SERVE

Assemble **lettuce cups** at the table with **rice** and **beef filling**. Garnish with **spring onion** tops and remaining **bean shoots**.



Add crushed peanuts or fried shallots for a fun topping!

This recipe has simplified instructions to help lower your meal cost.