



DINNER TWIST
LOCAL. HEALTHY. DELIVERED



Product Spotlight: Bean Shoots

Bean shoots give you an easy way to boost the nutrients in your diet with good levels of vitamin C, folate and iron.



2 Pork San Choy Bau

Quick, easy and flavoursome pork mince served in lettuce leaves makes a fun share-style dinner!



20 minutes



4 servings



Pork

21 September 2020

FROM YOUR BOX

PORK MINCE	600g
SPRING ONIONS	1/2 bunch *
RED CAPSICUM	1
LEBANESE CUCUMBER	1
BEAN SHOOTS	1 bag
PEANUTS	60g
BABY COS LETTUCE	2-pack
PRE-COOKED BROWN RICE	1 packet (250g)
YELLOW CURRY PASTE	1/3 jar *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil (sesame or other), soy sauce

KEY UTENSILS

kettle, large frypan

NOTES

Cooking for little kids? Serve pork mince and rice separate if preferred. Make it fun by placing the garnishes in multiple little bowls in the middle for them to help themselves. Add some of their favourite veggies such as carrot, corn and celery! Use curry paste to taste, alternatively flavour with soy and sweet chilli sauce instead!

No pork option – pork mince is replaced with chicken mince.

Veg option – pork mince is replaced with 150g organic white quinoa and 1 corn cob. Cook quinoa in boiling water for 15 minutes. Add corn kernels to pan with vegetables at step 2. Stir through cooked quinoa together with brown rice at step 4.



1. COOK THE PORK

Boil the kettle.

Heat a large frypan with **oil** over medium-high heat. Cook pork mince for 5-6 minutes, breaking up any lumps with a wooden spoon.



2. ADD THE VEGETABLES

Slice spring onions (reserve green tops) and capsicum. Add to pan as you go. Cook for 5 minutes.



3. PREPARE THE GARNISH

In the meantime, dice cucumber and arrange with 1/3 of the bean shoots, peanuts and reserved spring onion tops on a platter. Trim, separate and rinse lettuce leaves.



4. STIR IN RICE & SEASON

Rinse the brown rice with hot water from the kettle. Add to pan with curry paste (see notes) and remaining bean shoots, cook for a further 2 minutes then season with **soy sauce** to taste.



5. FINISH AND SERVE

Place pork, garnish and lettuce cups at the table.

Spoon pork into lettuce leaves. Top with garnish to taste and drizzle with extra **soy 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**

