

MARLEY SPOON



Beef and Lentil

San Choy Bau

 20min  2 Portions

San choy bau gets a healthy makeover! We've swapped some of the meat with red lentils which are an excellent source of folate and a good source of iron and fibre. Ginger and garlic add a great flavour punch and it's all placed in lettuce leaves which makes it not only refreshing to eat, but so much fun!

What we send

- long red chilli, garlic, coriander, spring onion, ginger
- grass-fed beef mince
- baby cos lettuce
- oyster sauce ^{1,14}
- carrot
- water chestnuts
- red lentils

What you'll require

- soy sauce ⁶
- vegetable oil

Utensils

- grater
- sieve
- wok or deep frying pan
- Our veggies come straight from the farm, so please wash them before cooking.

Cooking tip

Use caster or white sugar if you have no brown sugar.

Allergens

Gluten (1), Soy (6), Mollusc (14). May contain traces of other allergens.

Nutrition per serving

Energy 600.0kcal, Fat 15.0g, Proteins 50.0g, Carbs 58.5g



1. Prepare vegetables

Trim and thinly slice the **spring onions**. Peel and finely grate the **ginger**. Finely chop the **garlic**.



2. Prepare filling

Drain the **lentils** and rinse under cold water, shake dry. Drain half the **chestnuts** (reserve remaining for another use) and finely chop. Halve the **carrot** lengthwise then thinly slice.



3. Prepare sauce and garnish

Combine the **oyster sauce** with 2 tbs **soy sauce** and 2 tsp **brown sugar** (see cooking tip), stir well to dissolve sugar. Chop the **chilli** (deseed for less heat if you prefer). Coarsely chop the **coriander** including the stems.



4. Prepare lettuce

Choose the larger of the **lettuce** leaves that work really well as 'cups' to hold the filling. Store the remaining lettuce in a ziplock bag in the fridge for another use.



5. Start cooking

Heat 1 tbs **oil** in a wok or large frypan over medium heat. Stir-fry the **carrot, spring onion, ginger** and **garlic** for 2-3 mins until softened. Increase the heat. Add the **beef** and stir-fry for 3-5 mins until the beef is browned.



6. Finish cooking

Add the **sauce** to the pan with the **lentils** and **chestnuts** and stir-fry for a further 2-3 mins until heated through. Stir most of **coriander** through. Divide the **filling** between **lettuce leaves** and serve topped with the **chilli** and remaining coriander.