



## Beef Larb Lettuce Cups

with Pickled Vegetables



20-30min



2 Portions

Hailed as the unofficial national dish of Laos, larb salads burst with fragrant herbs and vibrant sweet-salty-sour flavours. We've turned down the heat, added tangy quick pickles and used lettuce and rice, traditionally served on the side, to make light, healthy cups you'll just love wrapping your hands around.



## What we send

- coriander, birds eye chilli
- premium beef mince
- Lebanese cucumber
- brown rice
- fish sauce <sup>4</sup>
- carrot
- baby cos lettuce
- green beans
- Thai seasoning <sup>17</sup>

## What you'll require

- sea salt and pepper
- sugar
- vegetable oil
- water
- white vinegar

## Utensils

- medium frypan
- sieve

Our vegies come fresh from the farm, so please wash them before use.

## Cooking tip

To make this dish spice-free or milder, omit the red chilli from the beef or add less. Alternatively, serve the fresh red chilli at the table for those who like it.

## Allergens

Fish (4), Sulphites (17). May contain traces of other allergens.

## Nutrition per serving

Energy 590kcal, Fat 13.1g, Carbs 67.7g, Proteins 43.8g



### 1. Cook rice

Bring **1 L (4 cups) water** to the boil in a medium saucepan. Add a **pinch of salt** and cook the **rice** for 25 mins or until the rice is tender. Drain and keep warm.



### 4. Cook beef

Heat **2 tsp vegetable oil** in a medium frypan over a medium-high heat. Add the **mince, chilli** (see cooking tip) and **Thai seasoning** and cook, breaking up the mince with a wooden spoon, for 5 mins or until browned. Meanwhile, pick the **coriander sprigs**.



### 2. Prepare ingredients

While the rice is cooking, finely chop the **chilli**, removing the seeds if less heat is desired. Peel the **carrot**, then quarter the carrot and **cucumber** lengthwise and thinly slice on an angle. Trim and thinly slice the **beans**.



### 5. Finish beef larb

Stir the **beans** and **2 tsp fish sauce** (the remaining fish sauce won't be used in this dish) into the beef mixture. Cook, stirring regularly, for a further 3-5 mins until the liquid has completely evaporated and the mince is crisp.



### 3. Pickle vegetables

Put **1 tbs white vinegar**, **½ tsp sugar** and a **large pinch of salt** in a large bowl and stir until the sugar dissolves. Add the **carrot** and **cucumber** and toss well to combine, then set aside to pickle, tossing occasionally, until needed.



### 6. Get ready to serve

Meanwhile, separate the **lettuce** into individual leaves, wash and dry. Drain the **pickled vegetables**. Top each lettuce leaf with some **rice, beef larb, pickled vegetables** and **coriander** to serve.