



**FAST**

## Caramel-Soy Beef Cups

with Lettuce, Cucumber and Ginger



20-30min



2 Portions

The kids will love that they can eat these with their hands as much as you'll love how simple they are to make. Inspired by the Chinese favourite, san choy bau, the fresh lightness of lettuce, coriander and cucumber is offset by the sticky richness of caramel beef, all gooey with honey, soy and sesame.

## What we send

- 11
- coriander
- 1 garlic clove
- 1 spring onion

## What you'll require

- Australian honey
- soy sauce <sup>6</sup>
- water
- white vinegar

## Utensils

- fine grater
- small saucepan with lid
- deep frypan or wok

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

## Allergens

Soy (6), Sesame (11). May contain traces of other allergens.

## Nutrition per serving

Energy 640kcal, Fat 17.8g, Carbs 68.9g, Proteins 48.5g



### 1. Cook rice

Rinse the **rice** until the water runs clear. Put in a small saucepan with **250ml (1 cup) water**, cover and bring to a simmer over medium heat. Reduce the heat to low and cook for 12 mins or until tender and the water has absorbed. Remove from the heat and stand, covered for at least 5 mins.



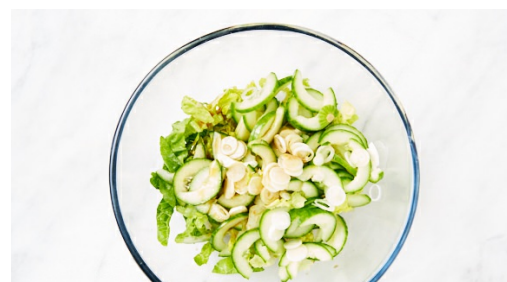
### 4. Stir-fry beef

Heat **1 tbs grapeseed oil** in a large frypan over high heat. Stir-fry the **garlic** and **ginger** for 30 secs or until fragrant. Add the **beef** and stir-fry for 2 mins or until browned.



### 2. Prepare sauce

Meanwhile, combine the **sesame oil, 2½ tbs soy sauce, 1 tbs white vinegar** and **2 tsp honey** in a bowl.



### 5. Make salad

Reduce the heat to medium. Add **half the sauce** to the beef and cook for 3-4 mins until the sauce is reduced and sticky. Meanwhile, combine the **sliced lettuce, spring onion** and **cucumber** in a large bowl, add the **remaining sauce** and toss to combine.



### 3. Prepare ingredients

Crush or finely chop the **garlic**. Peel and finely grate the **ginger**. Halve the **cucumber** lengthwise, then scrape out the seeds using a teaspoon. Thinly slice. Trim and thinly slice the **spring onion**. Separate the **lettuce leaves**, reserving the largest 8, then thinly slice the remainder. Finely chop the **coriander**, keeping the leaves and stems separate.



### 6. Get ready to serve

Stir the **coriander stems** through the **rice**. Divide the **reserved lettuce leaves** among plates and spoon in the **rice**. Top with the **caramel beef** and **cucumber-lettuce salad**. Scatter over the **coriander leaves** to serve.