

FOR the  
Little ONESCRUNCHY  
CAPSICUMSushi Rice &  
MeatBALLS

# Beef Lettuce cups

Beef mince cooked in teriyaki marinade and served in crunchy lettuce cups with colourful veggies.

 20 Minutes 4 Servings Beef

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## FROM YOUR BOX

SUSHI RICE	300g
BABY COS LETTUCE	2
BEEF MINCE	600g
TERIYAKI SAUCE	1 jar (125ml)
RED CABBAGE	1/4
RED CAPSICUM	1
CHIVES	1 bunch
SESAME SEEDS	1 packet (10g)

## FROM YOUR PANTRY

oil for cooking

## COOKING TOOLS

saucepan or rice cooker, large frypan

Make meatballs and cook them in the teriyaki sauce to serve over rice! Stir-fry cabbage, chives and capsicum for a warm side.

### Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.



### 1. COOK THE RICE

Rinse sushi rice. Place in a saucepan with **650ml water**. Cover and bring to a boil, then reduce heat to medium-low. Cook, semi-covered, for 20 minutes until rice is tender and water is absorbed.

**tip** Use a rice cooker if you have one!



### 2. PREPARE THE LETTUCE CUPS

Separate and rinse lettuce leaves. Keep in a bowl of water in the fridge until serving.



### 3. COOK THE BEEF

Heat a large frypan with **oil** over medium-high heat. Add beef and cook for 5-8 minutes, using a spatula to break up lumps. Stir in 1/2 jar teriyaki sauce and cook for a further 2 minutes.

**tip** Use sauce to taste, or serve on the side if preferred.



### 4. PREPARE THE VEGGIES

Meanwhile, thinly shred red cabbage, dice capsicum and slice chives.



### 5. FINISH AND SERVE

Serve teriyaki beef and sushi rice in the crunchy lettuce cups. Garnish with cabbage, capsicum, chives and sesame seeds to taste. Spoon over more teriyaki sauce to taste.