



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



2 servings



Pork

21 September 2020

## FROM YOUR BOX

BROWN RICE	75g
PORK MINCE	300g
SPRING ONIONS	1/2 bunch *
RED CAPSICUM	1/2 *
LEBANESE CUCUMBER	1
LIME	1/2 *
BEAN SHOOTS	1 bag
PEANUTS	60g
BABY COS LETTUCE	1
YELLOW CURRY PASTE	1/3 jar *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, soy sauce

## KEY UTENSILS

saucepan, 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 75g organic white quinoa and 1 corn cob. Cook quinoa together with brown rice (for the same amount of time) at step 1. Add corn kernels to pan with vegetables at step 3.



### 1. BOIL THE RICE

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15–20 minutes or until tender. Drain and rinse.



### 2. COOK THE PORK

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



### 3. ADD THE VEGETABLES

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



### 4. PREPARE THE GARNISH

In the meantime, dice cucumber and cut 1/2 lime into wedges. Arrange with half of the bean shoots, peanuts and reserved spring onion tops on a platter. Trim, separate and rinse lettuce leaves.



### 5. STIR IN RICE & SEASON

Stir in rice, remaining bean shoots and curry paste (see notes), cook for further 2 minutes then season with soy sauce to taste.



### 6. COOK THE PORK

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**

