



LETTUCE CUPS



Lunch/Dinner



20 min

Ingredients

The inner leaves of an Iceberg lettuce
Rice or Rice noodles (vermicelli or ribbon)
Precooked minced meat or minced meat substitute
Carrot, grated
Cucumber, sliced into strips
Tomato, sliced or chopped
Red onion, thinly sliced
(and/or any of your favourite salad or veggie ingredients –
capsicum, chilli, green beans, etc, etc)
Herbs, finely chopped (parsley, coriander, mint)
Nuts, chopped
Sauce of your choice



Method

Remove the leaves of an Iceberg lettuce. Rinse lettuce leaves, allow to drain, cup side facing down.

Place a bed of rice or rice noodles in the lettuce leaf, then spoon on some of the precooked mince or mince substitute.

Sprinkle on some of your favourite salad or veggie ingredients (we used grated carrot, sliced cucumber, chopped tomato and some thinly sliced red onion)

Roll the lettuce leaf around the ingredients and enjoy!

This simple recipe is great for lunch, dinner or as a snack. My kids have even taken them for lunch, in their lunchbox! They're great for leftovers, too and you can use any flavours you like. Left over taco mince works well or you can use your favourite Asian flavours

Eat well, sleep well, study well, and know you are loved.

Arohanui
Suzy

