



Easy Lettuce Wraps

Serves five

Equipment

Cutting matt-2
Sharp knives-2
Grater
Vegetable peeler
Wooden spoon
Measuring spoons
Wok frying pan

- 5 large lettuce leaves, left whole
- 125 g ground beef
- 1 ml fresh, peeled, mince ginger
- 2 ml minced garlic
- ¼ red pepper, finely diced
- ¼ green pepper, finely diced
- ¼ carrot, finely diced
- ¼ onion, finely diced
- 1 (397 g) small bag of steam fried noodles
- 45 ml Hoisin sauce or red curry paste (1 ml) if you like it hot
- 125 ml crushed corn chips

(Lettuce- at school this part will be done for you for time saving purposes)

Cut core from lettuce. Pour cold water into core. Turn lettuce upside down to drain water. Fill with water again and place in a bowl. Refrigerate over night. Or fill bowl with ice water and chill for 1 hour.

Push lettuce up and down so lettuce leaves separate. Gently pull the leaves away from the core one leaf at a time. Each leaf will form a natural cup.

- Wash and chop all vegetables on a cutting mat.
- Heat wok frying pan on front burner to medium high heat(#5)
- Place meat in frying pan and break up ground beef into small pieces using a wooden spoon. Cook beef until no pink is showing.
- Add chopped vegetables and cook until the vegetables are soft- turn down heat if necessary
- Add hoisin sauce or red curry paste and noodles and stir well. Heat until hot. Add a little water (*50 ml to help soften noodles)
- TO SERVE:** Place spoonfuls of warm beef mixture. Add crushed corn chips and hoisin sauce on lettuce leaf. Wrap up and eat like a burrito.



