



BEEF 'LARB' SALAD WRAPS

with Green Rice and Toasted Peanuts

SPICY

PRONTO



HELLO LARB

A traditional Thai and Laotian ground meat salad

PREP: 10 MIN

TOTAL: 30 MIN

CALORIES: 710



Ground Beef



Jasmine Rice



Thai Seasoning



Cilantro



Mint



Fish Sauce



Mini Cucumber



Shallot



Baby Gem Lettuce



Lime



Red Chili



Peanuts, chopped

BUST OUT

- Large Non-Stick Pan
- Small Bowl
- Measuring Cups
- Whisk
- Medium Pot
- Sugar (4 tsp | 8 tsp)
- Zester
- Salt and Pepper
- Measuring Spoons
- Olive or Canola oil

INGREDIENTS

2-person | 4-person

- Ground Beef 250 g | 500 g
- Jasmine Rice ¾ cup | 1 ½ cup
- Thai Seasoning 🌶️ 8 1 tbsp | 2 tbsp
- Cilantro 10 g | 20 g
- Mint 10 g | 20 g
- Fish Sauce 🐟 2 tbsp | 4 tbsp
- Mini Cucumber 132 g | 264 g
- Shallot 50 g | 100 g
- Baby Gem Lettuce 200 g | 400 g
- Lime 1 | 2
- Red Chili 🌶️ 1 | 2
- Peanuts, chopped 7 28 g | 56 g

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 71°C/160°F.



START STRONG

In Step 4, use this heat guide to determine what spice level you prefer: 1/8 tsp mild, 1/4 tsp medium, 1/2 tsp spicy and 1 tsp extra-spicy!



1 PREP

Wash and dry all produce.* In a covered medium pot, bring 1 1/3 cups salted water (double for 4 ppl) to a boil. Cut the cucumbers into 1/4-inch half moons. Peel and finely chop the shallot(s). Zest and juice the lime(s). Roughly chop the cilantro and mint leaves. Thinly slice the chili, removing the seeds for less heat.



4 COOK BEEF

Add a drizzle of oil to the same pan. Add beef, shallot, Thai seasoning and half the chili. (NOTE: Reference heat guide). Cook, breaking up beef into smaller pieces, until no pink remains, 5-7 min. (TIP: Cook to a min. internal temp. of 71°C/160°F.**)

Remove pan from heat and carefully, discard excess fat. Return to heat, then add half the sauce to the pan. Cook, stirring often, until beef is darker in colour, 1 min.



2 MAKE SAUCE

Add the rice to the medium pot with the boiling water. Reduce the heat to medium-low. Cook (still covered) until the rice is tender and the water has been absorbed, 12-14 min. Meanwhile, in a small bowl, whisk together the fish sauce, 2 tbsp lime juice (double for 4 ppl), 4 tsp sugar (double for 4 ppl) and 2 tbsp water (double for 4 ppl). Set aside.



5 FINISH COMPONENTS

Fluff the rice with a fork. Stir in the cilantro and lime zest. Separate the baby gem lettuce into individual lettuce leaves. In the small bowl with the remaining sauce, stir in the cucumbers.



3 TOAST PEANUTS

Heat a large non-stick pan over medium-high heat. Add the peanuts to the dry pan. Toast, stirring often, until golden-brown, 3-4 min. (TIP: Keep your eye on them so they don't burn!) Transfer to a plate and set aside.



6 FINISH AND SERVE

Divide the lettuce, rice, beef, mint, cucumbers, peanuts and remaining chili on a platter. Individually build your own 'larb' salad wrap, then drizzle over any excess sauce from the cucumbers onto each wrap.

CHANGE IT UP!

Turn this dish into a rice bowl by chopping the baby gems and tossing everything together.