

# **BEEF 'LARB' SALAD WRAPS**

with Green Rice and Toasted Peanuts







**HELLO** -**LARB** 

A traditional Thai and Laotian ground meat salad



Ground Beef



Jasmine Rice



Thai Seasoning



Cilantro



Mint



Fish Sauce



Red Chili

TOTAL: 30 MIN CALORIES: 710 PREP: 10 MIN

Mini Cucumber

Shallot

Baby Gem Lettuce

Lime

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

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	2-person   4-person
Ground Beef	250 g   500 g
Jasmine Rice	<sup>3</sup> / <sub>4</sub> cup   1 <sup>1</sup> / <sub>2</sub> cup
• Thai Seasoning 🤳 8	1 tbsp   2 tbsp
• Cilantro	10 g   20 g
• Mint	10 g   20 g
• Fish Sauce 0	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 ALLERGÉNES

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 soya, les sulfites, les noix et le blé.

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



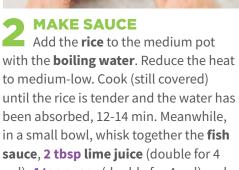
**PREP** Wash and dry all produce.\* In a covered medium pot, bring 1 1/3 cups salted water (double for 4 ppl) to a boil. Cut the **cucumbers** into ¼-inch half moons. Peel and finely chop the **shallot(s)**. Zest and juice the **lime(s)**. Roughly chop the cilantro and mint leaves. Thinly slice the chili, removing the seeds for less heat.



**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.



Add the rice to the medium pot to medium-low. Cook (still covered) 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.





**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.



**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.



**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.