

Asian Lettuce Wraps

Bialik College Kitchen Garden Program



Bialik College

Ingredients:

- 6 cups water
- 3 cups uncooked white rice
- 1 tablespoon rice bran oil
- 300g cabbage, shredded
- 4 spring onions
- 1 garlic clove, minced
- 2 carrots shredded
- 2 tablespoons hoisin sauce
- 2 tablespoons soy sauce
- 1 teaspoon sesame oil
- lettuce leaves, separated

Equipment:

- rice cooker
- wok/large saucepan
- chopping board
- knife
- grater
- metric measuring cups/spoons

Method:

1. Wash & cook rice according to rice cookers instructions . Set aside and keep warm.
2. Cut all the vegetables up.
3. Heat oil in a wok over medium high heat. Cook the cabbage, spring onions , carrot & garlic for 5 minutes, add the hoisin and soy sauce, stirring until heated through.
4. Remove from heat and stir in sesame oil.
5. To serve: Mix the rice with the vegetables and leave in a small bowl with lettuce leaves next to it.
6. Everyone can wrap the lettuce leaf to enclose the filling.