

# SPICY MINUTE BEEF IN LETTUCE CUPS

## INGREDIENTS

- 500g lean rump or sirloin steak
- 4 cloves garlic, crushed
- 1 knob ginger (about 3cm long), grated
- ¼ cup light soy sauce
- 2 teaspoons sesame oil
- 1 tablespoon sugar
- ½ cup sesame seeds
- 200g rice vermicelli noodles
- 2 tablespoons canola oil
- 1 butter lettuce, leaves removed and washed, dried and chilled
- 1 cup finely sliced spring onions (dark green part only)

## METHOD

1. Slice the meat as thinly as possible, removing all the fat. Mix the garlic, ginger, soy sauce, 1 teaspoon of the sesame oil and the sugar together in a bowl, and marinate the meat in this mixture, covered with plastic film, in the fridge for 2-12 hours.
2. Toast the sesame seeds by placing them in a hot frying pan with no oil or butter for a minute or two, shaking the pan from time to time, until they are golden brown. (Be careful – they can go from golden brown to burnt quickly).
3. Place the noodles in a bowl of very hot water for 5 minutes, then drain well and mix with the remaining teaspoon of sesame oil.
4. Preheat the flat grillplate of your barbeque to very hot. Drizzle the neutral oil over the grill plate to cover it. Spread the meat out over the oiled plate and cook for around 30 seconds each side.
5. Place the meat in a bowl in the middle of the table along with separate bowls of the noodles, lettuce leaves, spring onions and toasted sesame seeds. Invite your guests to take a lettuce leaf and fill with some noodles, beef, a few spring onions and a sprinkling of sesame seeds, drizzling the lot with sweet chilli sauce, if desired, before rolling up and eating.

Serves 6

	Per Serving	Per 100g
Energy	1577kJ	484kJ
Protein	24g	8g
Fat – Total	19g	6g
- Saturated	3g	<1g
Carbohydrate - Total	26g	8g
- Sugars	4g	1g
Sodium	461mg	142mg

**BIG  
RED  
BBQ**

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