



Asian Lettuce Wraps

What to collect

Ingredients	Equipment
6 cups water	rice cooker
3 cups uncooked white rice	wok/large saucepan
1 tablespoon rice bran oil	chopping board
300g cabbage, shredded	knife
4 spring onions, finely chopped	grater
2 carrots, shredded	metric measuring cups/spoons
2 tablespoons hoisin sauce	
2 tablespoons soy sauce	
1 teaspoon sesame oil	
lettuce leaves, separated	

What to do

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.