



TOASTED PEANUT AND 5-SPICE SEARED GROUND BEEF LETTUCE WRAPS

WITH CRUNCHY ONIONS AND CARROT-DAIKON SLAW

Makes 4 servings

INGREDIENTS:

- 1/2 cup water
- 1/2 cup instant brown rice
- 2 teaspoons sesame oil
- 1 pound 90%-lean ground beef
- 1 tablespoon minced fresh ginger
- 1 (8-ounce) can water chestnuts, rinsed and chopped
- 1/2 cup reduced-sodium beef broth
- 2 tablespoons hoisin sauce
- 1 teaspoon five-spice powder
- 1/2 teaspoon salt
- 2 heads Boston lettuce, leaves separated
- 1/2 cup picked fresh herbs leaves all small and slightly torn if necessary: cilantro, basil, mint and green onions (thin sliced)
- 1/4 cup toasted chopped peanuts
- 2 ounces crispy onions

CARROT-DAIKON SLAW INGREDIENTS:

- 1 ounce Sweet Chile Thai Chile Sauce
- 1 teaspoon Sriracha
- 2 teaspoons fish sauce, Red Boat brand
- 1/2 ounce fresh lime juice
- 1 teaspoon fine minced garlic
- 4 ounces water
- 5 ounces carrots, shredded large on box grater
- 7 ounces daikon radish, shredded large on box grater
- 2 ounces red onion, fine julienne sliced
- 1 recipe of the Nouc Cham

Bold-and-spicy wraps are an exotic and low-fat eating experience! Lean ground beef, fresh ginger, Thai seasonings and peanuts, all wrapped in cool, crisp lettuce. Serve with crunchy carrot-daikon slaw.

(Instructions on reverse side)



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DIRECTIONS:

1. Bring water to a boil in a small saucepan. Add rice; reduce heat to low, cover and cook for 5 minutes. Remove from heat.
2. Meanwhile, heat oil in a large nonstick pan over medium-high heat. Add ground beef and ginger; cook, crumbling into small pieces with a wooden spoon, until the beef is cooked through, about 6 minutes.
3. Stir in the cooked rice, water chestnuts, broth, hoisin sauce, five-spice powder and salt; cook until heated through, about 1 minute. Right before serving, add the toasted peanuts.
4. Mix first six slaw ingredients together and let liquid sit 2 hours to bloom.
5. Place the next four slaw ingredients in a mixing bowl, add the liquid, mix well. Cover tightly and refrigerate for at least 4-8 hours, stirring once. Drain thoroughly before using.

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SERVING DIRECTIONS:

To present toasted peanut and 5-spice seared ground beef lettuce wraps:

1. Separate the lettuce cups and onto serving vessels and into a triangle pattern.
2. Add 1-2 ounces of the toasted peanut and 5-spice seared ground beef to each cup.
3. Spread the herbs evenly between all 12 cups and top with crispy onions.
4. Serve immediately with the carrot-daikon slaw.



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