

Butterfly Lettuce Wraps



Lettuce wraps with easy mince and garden veg!

A great recipe to get the taste buds going as part of your 5 senses lesson.

Ingredients

- Sunflower or vegetable oil (1 tbsp)
- 500g mince (beef, lamb or turkey)
- 1 onion
- 1 carton white mushrooms
- 1 red pepper
- 2 tins passata
- 4-6 carrots
- 2 heads curly leaf or similar lettuce
- Fresh herbs (basil, parsley or thyme)
- Salt and Pepper
- Grated cheese (optional)

Equipment

- Chopping board
- Vegetable peeler
- Sharp knife
- Induction hob
- Pan
- Wooden spoon
- Cheese grater (optional)

Instructions

1. Chop the onion, fry it in a pan with sunflower oil.
2. Add the mince and brown for 3-4 minutes.
3. Chop the mushrooms and any other veg you might like to use from the garden. Add to the pan.
4. Add the passata and allow to simmer for 10 minutes on a medium heat. Stir regularly.
5. Prepare the salad leaves by washing them, patting them dry and putting two on each plate. You can make them look like butterfly wings if you like!
6. Peel the carrots, then top and tail them. Cut them into batons (carrot stick shapes). Arrange them on the plate as the body and antennae of the butterfly.
7. Add the fresh herbs to the sauce and simmer for 2 more minutes.
8. Grate the cheese if using.
9. Spoon the sauce onto the butterfly wings (lettuce)! Sprinkle with cheese and serve! You may wish to fold it to eat it!

Cooking skills: Peeling, chopping, frying, simmering, stirring, grating and assembling..

Next time...

- Make the sauce more like a chilli con carne sauce by adding a can of kidney beans, 1 tsp smoked paprika and 1 tsp cumin.
- You can make the sauce with mixed beans instead of mince if you would like a vegetarian option. Try to buy a can with the beans in water rather than vinaigrette (or rinse thoroughly).