Korean beef lettuce cups

*Cooking time: 9-10 hours*

*Serves: 6-8 people*

**Ingredients**

500g [Hampton Gay minced beef](https://shop.hamptongay.com/individual-beef-cuts/beef-mince)

500ml [Hampton Gay bone broth](https://shop.hamptongay.com/longhornbeef/individual-beef-cuts/bone-broth-500ml)

500ml hot water

1/2 tsp ground ginger

1/4 tsp Chinese five spice

100 ml soy sauce

2 tbsp honey or agave

1 tsp cayenne pepper

1 tsp rice wine vinegar

4 tbsp hoisin sauce

2 shallots or 1 white onion

1/4 tsp Chili flakes

4 spring onions

1 cup long grain rice

2 small carrots (spiralized)

1/3 cucumber (spiralized)

4 baby gem lettuce / butter lettuce

1 Chili

Sesame seeds

**Method**

Fry the beef with a little oil until all of the beef is brown in colour

Add the bone broth to the beef along with 1/4 tsp ground ginger and 1/4 Chinese five spice

Leave to simmer with the lid on for 30-45mins

While the beef is simmering, cook the rice. 1 cup of rice to 2 cups of water. Bring to the boil with the lid on, and then simmer on a low heat until all the water has gone. Once the water has evaporated, remove from heat and put to one side with the lid on.

Spiralize the carrots and the cucumber

Cut up the shallots, Chili and the spring Onions

Once all the water has gone from the beef put into a separate bowl and fry the onions in the same pan

Add the Chili flakes and fry gently until the onions are soft. Then add half of the spring onions until they are also soft

While you sauté the onions, make the sauce. Combine the soy sauce, the other 1/4 tsp of ground ginger, cayenne pepper, hoisin sauce, rice vinegar and honey

Once both onions are soft, add the sauce. Fry gently for a couple of minutes and then add the beef

Cook with the lid off until all the liquid has evaporated

Meanwhile, cut the bottom of the lettuce off and take each leaf off

Put around a table spoon of rice in each lettuce cup - depending on the size of each leaf

Top with the beef, followed by the carrot and cucumber, then the spring onion, chilli and all topped with a sprinkle of black and white sesame seeds