

REASONS TO SEASON



Sticky Oriental Beef Gem Lettuce Bowls



1. Fry your mince beef (or you can use pork or a vegetarian alternative) in a frying pan with a little oil.
2. Keep turning the beef so the pieces separate and have the heat quite high. Add chopped mixed peppers if you like.
3. Pour over enough Sticky Oriental Sauce to coat all the beef. Keep stirring until the sauce has soaked into the beef.
4. Serve on gem lettuce, rice or noodles and sprinkle with chillies and parsley.