

Spicy Mince in Lettuce Cups

Ingredients

- 130g lean mince (chicken, turkey or beef)
- ½ tsp grated fresh ginger or ginger puree
- ½ tsp chilli powder
- 1 clove garlic, crushed
- 20g spring onion, diced
- 50g courgette grated
- salt and freshly ground black pepper
- 60g baby gem lettuce

Preparation

1. Dry fry the mince gently in a non-stick pan with the ginger, chilli and garlic for 8-10 minutes. Season with salt and black pepper. If you are using chicken mince, you may need to add a little water or chicken stock to prevent mince from sticking.
2. Stir in the spring onion and grated courgette and continue cooking for 2-3 minutes.
3. To serve, place the lettuce leaves onto a serving plate and spoon over the spicy mince mixture.



PHASE 2

Meal: Lunch or Dinner

Time: 15 minutes

Serves: 1