



Vietnamese

Eggplant Rice Lettuce Cups

INGREDIENTS

- 1 medium eggplant, or 2 small zucchini and 3 squash
- 1 onion
- Small bunch of Chives OR spring onions
- 1 Tbls sugar
- 1/3 cup soy sauce
- 1 tsp red chilli chopped (use gloves to prepare)
- 1 tsp sweet chilli sauce
- 1 packet rice noodles, prepared per packet instructions
- Juice of 1 lime
- 6 stems of mint, leaves picked and sliced.

METHOD

1. Pre heat the oven to 220oC
2. Cook noodles as per packet instructions (2 MINS IN BOILING WATER)
3. Slice the eggplant length ways and again down the middle into wedges, then cut into pieces. Brush with a little olive oil and place on an oven tray and season with a little salt. Bake in a hot oven for 15 mins (or do the same with zucchini diced)
4. Mix the soy sauce, sugar, lime juice and chopped chilli and stir until dissolved.
5. Wash the herbs and leaves and dry in the salad spinner.
6. Slice the chives and spring onions finely and keep on the side until time to serve then sprinkle over the top of each lettuce cup.
7. Wash the lettuce leaves and dry in the salad spinner, spread 30 leaves out onto a platter.
8. Remove the eggplant from the oven when softened and allow to cool. Then add into a medium bowl with the sauce and stir together.
9. Cut the noodles with scissors just to make them a little shorter and easier to handle.
10. Add the mint into the noodles and mix until combined.
11. Put some of the noodles into each lettuce leaf, top with the vegetable mix and greens to serve.