

# CRISPY WELSH LAMB LETTUCE CUPS





## INGREDIENTS

450g lean PGI Welsh  
Lamb mince

1 bunch spring  
onions, chopped

100g mushrooms,  
chopped

1 small tin sweetcorn

3 tbsp teriyaki sauce

Squeeze of honey

1 baby gem lettuce,  
leaves carefully  
removed

### To Serve

Spring onion curls  
and sesame seeds

## Top tips

- Use shop-bought teriyaki sauce or why not have a go making your own using soy sauce, honey, brown sugar, ground ginger and water.
- Turn spring onions into bouncy springs Top your dish with curly spring onions with this simple trick. Cut the spring onion into 7cm pieces, then slice thinly lengthwise. Pop into a bowl of iced-water then into the fridge for 20 minutes to curl.

## METHOD

- 1 Prepare and chop the vegetables into small pieces.



  
15 mins

  
15 mins

  
Serves 4

- 2 Fry the minced lamb in a frying pan over a low heat to allow the juices and fat to be released. Increase the heat and fry the mince until brown.



- 3 Add the spring onion and mushrooms and fry for a few minutes.



- 4 Add the sweetcorn, sauce and honey and bring to the boil.



- 5 Fill the lettuce cup with the mixture and top with the spring onion curls and a sprinkle of sesame seeds. Serve immediately to keep the lettuce crisp.

