Lean Beef Lettuce Cups with Rice

8 filled lettuce cups; 2 meals of 4 cups and half the rice · Active 35 min · Total 1 hr

Skills: Beginner with ordinary kitchen equipment

Ingredients

• 9 oz raw ground beef,90% lean/10% fat (250 g)

• About 2 cups very finely chopped white mushrooms (150 g)

• 1 large carrot, very finely diced (100 g prepared)

• 8 usable romaine lettuce leaves, washed and dried (120 g edible)

• 1/2 cup dry long-grain white rice (100 g)

• About 3/4 cup plus 1 tablespoon water for rice (200 ml), or packet-required amount

• 2 teaspoons olive oil (10 ml/about 9 g)

• 1 tablespoon ordinary soy sauce (15 ml/about 16 g)

• 1 tablespoon finely grated ginger (6 g)

• 1 small garlic clove, minced (3 g)

• 2 teaspoons cider vinegar (10 ml/about 10 g)

• 2 tablespoons water for filling (30 ml)

Set out

Medium saucepan with lid for rice, 30 cm/12-inch skillet, Spoon, Knife and board, Salad spinner or clean towel, Kitchen scale, Measuring jug, Food thermometer, 2 serving plates, Small bowls for rice

Allergens

Soy, Wheat in ordinary soy sauce. Check labels and substitutions.

Make it

1. Wash and dry lettuce, choosing 8 intact curved leaves. Prepare vegetables before raw meat. Rinse rice and cook with the measured water or its packet-required amount. For a typical long-grain product, simmer covered for 15–18 minutes and rest covered off the heat for 5 minutes. Keep hot for immediate serving.

2. Meanwhile heat oil in the wide skillet over medium-high heat. Cook mushrooms and finely diced carrot for 9–11 minutes, stirring, until carrot softens and mushroom liquid has mostly evaporated.

3. Add raw beef and break it into small crumbles. Cook for 7–9 minutes, stirring and scraping the base, until no raw clumps remain and a gathered thick mound reaches 160°F/71°C, checked without touching the pan. Add ginger and garlic for 30 seconds.

4. Stir in soy sauce, vinegar and filling water. Cook for 2–3 minutes until the mixture is moist but no watery pool remains. Divide between 8 lettuce leaves and serve immediately,4 cups per person, with half the hot rice each.

A useful kitchen skill

Evaporate vegetable water before browning mince, and gather crumbled meat thick enough for a meaningful thermometer reading.

A useful detail

The nutrition base is raw 90/10 beef with all measured oil retained. The rice is a dry 100 g batch, not an unspecified cooked cup. If leaves vary in size, use the full weighed lettuce amount and divide the filling evenly.

Keep it well

Keep leftover lettuce separate and chilled. Cool rice and beef separately in shallow containers quickly, ideally within 1 hour of the rice’s original cooking, refrigerate at 40°F/4°C or below and use within 24 hours of that cooking. Reheat rice no more than once, with the complete hot portion reaching 165°F/74°C throughout, then eat immediately. Discard uneaten reheated rice portions. Fill fresh chilled leaves only at serving.