

Vegetable Lettuce Cups

Serves: 32 tastings



From the garden: Yacon, sweet potato, pumpkin & garlic

Equipment:

- Large frying pan x 1
- Wooden spoon x 1
- Chopping boards and knives
- Vegetable peeler
- Measuring spoons

Ingredients:

- 4 tablespoons canola oil
- 1 tablespoon sesame oil
- 2 cloves garlic (finely chopped)
- 1 yacon (skin-off, chopped)
- 1 sweet potato (skin-on, finely chopped)
- ¼ pumpkin (finely chopped)
- 6 tablespoons hoisin sauce
- 10 grinds of pepper
- 1 cos lettuce (cut bigger leaves in half)

Method:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Put both oil and garlic in a large frying pan over medium heat, cook until garlic is lightly golden.
3. Add yacon, sweet potato and pumpkin, stirring once a while and cook until all vegetables are cooked through, about 5-10 minutes.
4. Add hoisin sauce and pepper, stir to coat. Remove from heat and set aside to cool slightly.
5. Spoon the vegetable mixture into individual lettuce leaves.
6. Serve into 5 serving plates.