



# UCOOK

## Laos Venison Mince Larb

with roasted aubergine, baby gem lettuce  
lettuce & tamari

Larb is a popular meaty salad dish in Laos. Here we've packed baby gem lettuce leaves with rich & earthy venison mince & roasted aubergine, and brightened it up with some fresh flavours!

---

**Hands-on Time:** 15 minutes

**Overall Time:** 40 minutes

---

**Serves:** 1 Person

---

**Chef:** Thea Richter

---

 Carb Conscious

---

 Leopard's Leap | Culinaria Grand Vin

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

250g	Aubergine <i>trimmed &amp; cut into bite-sized chunks</i>
10g	Peanuts
15g	Fresh Ginger <i>peeled &amp; grated</i>
1	Garlic Clove <i>peeled &amp; grated</i>
1	Spring Onion <i>finely sliced, keeping the white &amp; green parts separate</i>
150g	Free-range Venison Mince
80ml	Sweet Chilli Tamari <i>(65ml Sweet Chilli &amp; 15ml Tamari)</i>
1	Lime <i>½ zested &amp; cut into wedges</i>
100g	Cabbage <i>finely shredded</i>
4g	Fresh Coriander <i>rinsed, picked &amp; roughly chopped</i>
100g	Baby Gem Lettuce <i>rinsed, trimmed at base &amp; leaves separated</i>
20g	Radish <i>rinsed &amp; sliced into thin rounds</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water

**1. ROASTED AUBS** Preheat the oven to 220°C. Spread out the aubergine chunks on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until softened, shifting halfway.

**2. TOASTY PEANUTS** Place the peanuts in a nonstick pan or wok over a medium heat. Toast for 3-5 minutes until golden, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop when cool enough to handle.

**3. LEKKER LARB** When the aubergine has 10 minutes remaining, return the pan or wok to a medium-high heat with a generous glug of oil. When hot, fry the grated ginger, the grated garlic, and the spring onion whites for 1 minute until fragrant and turning golden, shifting frequently. Add the mince and fry for 3-4 minutes, breaking it up as it cooks, until browned. Add ½ the Sweet Chilli Tamari, the juice of 1 lime wedge and the shredded cabbage. Fry for about 1-2 minutes until beginning to caramelise. On completion, taste to test and season. Remove from the heat and stir through ½ the chopped coriander and the roasted aubergine.

**4. FILL 'ER UP** Pile a spoonful of larb into each lettuce leaf and drizzle over the remaining Sweet Chilli Tamari. Sprinkle with the chopped peanuts, spring onion greens, lime zest, and remaining coriander. Garnish with the radish slices. Serve with the remaining lime wedges. Forget the cutlery and feast!



## Chef's Tip

We suggest using a wok for this recipe if you have one. Woks distribute heat more evenly, requiring less oil and shorter cooking times.

## Nutritional Information

Per 100g

Energy	257kJ
Energy	61kcal
Protein	7.4g
Carbs	4g
of which sugars	2.2g
Fibre	2.2g
Fat	1.3g
of which saturated	0.4g
Sodium	1mg

## Allergens

Allium, Peanuts, Sulphites, Sugar  
Alcohol (Xylitol)

Cook  
within 3  
Days