


San Choy Bow

Serves: 4

Prep time: 15 minutes

Cook time: 8 minutes

 2 ½ serves per portion

Ingredients

1 tablespoon olive oil
2 cloves garlic, crushed
1 tablespoon ginger, crushed
1 brown onion, finely diced
1 red chilli, deseeded and finely chopped
3 spring onions, finely sliced
2 carrots, grated
1 red capsicum, diced
1 cup bean sprouts
500g extra lean pork mince
1 tablespoons soy sauce, salt reduced
2 tablespoons oyster sauce
1 tablespoon sesame oil
½ lime, juiced
16 iceberg lettuce leaves, kept whole, washed and dried
Optional extras to serve
Extra lime wedges, to serve
½ cup fresh coriander leaves, to serve
¼ cup peanuts, crushed

Method

HEAT olive oil in a non-stick wok or frypan over medium heat.
ADD garlic, ginger, onion and chilli and cook for 1-2 minutes.
STIR in carrot and capsicum for 2 minutes, or until soft.
ADD pork mince to the pan, breaking it up with a wooden spoon and cook until browned.
MIX in soy sauce, oyster sauces, spring onions, lime juice, sesame oil and beansprouts.
REMOVE from the heat and transfer to a serving bowl.
SPOON the mixture into lettuce cups and serve immediately. Top with optional extras such as fresh coriander leaves, lime and crushed peanuts



Everyday Food

Recipe courtesy of Country Kitchens Team