

San Choy Bow

Serves: 4

Prep time: 15 minutes

Cook time: 15 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
- 2 carrots, grated
- 1 red capsicum, diced
- 500g extra lean pork mince
- 1 tablespoons soy sauce, salt reduced
- 2 tablespoons oyster sauce
- 3 spring onions, finely sliced
- ½ lime, juiced
- 1 tablespoon sesame oil
- 1 cup bean sprouts
- 16 iceberg lettuce leaves, kept whole, washed and dried

Optional extras to serve:

- Lime wedges
- ½ cup fresh coriander leaves
- 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 softened.
ADD pork mince to the pan, breaking it up with a wooden spoon and cook until browned.
MIX in soy sauce, oyster sauce, spring onions, lime juice, sesame oil and beansprouts and cook for 1-2 minutes,
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 the Country Kitchens team