

Get more serves of vegies into your day this Summer

Sang Choy Bow

A Chinese entrée of pork mince and vegetables served in crisp lettuce leaves.



Serves 4.

🕒 15 minutes preparation + 5 minutes cooking

🥗 8 serves of vegies in this recipe

Ingredients:

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| 1 tablespoon oil | 1 cup cooked rice |
| 500g minced lean pork | 1 teaspoon cornflour |
| 6 spring onions, sliced | 2 tablespoons reduced-salt soy sauce |
| 2 cloves garlic, crushed | 1 tablespoon fish sauce |
| 1 small piece ginger, peeled and chopped | 1 tablespoon chilli sauce |
| 1 stick celery, diced | 1 tablespoon rice wine vinegar or dry sherry |
| 1 medium red capsicum, seeded and diced | 1 cup mung bean shoots |
| 100g mushrooms, diced | 8 large iceberg lettuce leaves |

Method: Heat oil in wok or frypan. Cook pork quickly until separate and cooked through, then set aside leaving oil in pan. Place onions, garlic, ginger, celery, capsicum, mushrooms and rice into the hot pan and cook gently, stirring until softened. Return the pork to the pan and mix well. Combine cornflour, sauces and vinegar in a small bowl, add to the pork mixture with the bean shoots and stir through until bean shoots are wilted and mixture has thickened slightly. Place two crisp lettuce leaves on each serving plate and spoon the filling onto each leaf. Serve at once.

Serving suggestion: Place leaves on a plate and pork mixture in a bowl and allow diners to fill each leaf with mixture, roll into a parcel and eat with their fingers.



The more you eat,
the more they'll eat.

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