

San Choy Bow



Serves: 4 Prep Time: 15 mins

Cook Time: 6 mins

OK to Freeze?: 

Complexity: 

Ingredients

- 1 tablespoon peanut oil
- 2 cloves garlic, crushed
- 2cm piece ginger, finely grated
- 500g lean pork mince
- 1 tablespoon soy sauce
- 2 tablespoons oyster sauce
- 3 shallots, thinly sliced
- ½ lime, juiced
- 1 teaspoon sesame oil
- 1 cup bean sprouts, trimmed
- 12 large lettuce leaves
- ¼ cup fresh coriander leaves
- ¼ cup chopped roasted peanuts, optional

Method

1. Heat wok over high heat until hot. Add peanut oil and swirl to coat. Add garlic, ginger and pork. Stir-fry for two to three minutes or until pork just changes colour.
2. Add soy sauce and oyster sauce. Add onions, two teaspoons of lime juice and sesame oil to wok. Stir-fry for three minutes or until heated through. Stir in beansprouts.
3. Spoon pork mixture into lettuce leaves. Sprinkle with coriander and peanuts, if using. Serve immediately.



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Comments

Chicken mince or a mixture of chicken and pork mince can be used.

An easy and quick dish to prepare when we don't have enough time during the week. Fibre from the lettuce and proteins from the meat are the main contributions of this dish. If you have hypertension, swap normal soy sauce for reduced salt soy.