

Sang Choy Bow

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



15 minutes preparation + 5 minutes cooking



8 serves of vegies in this recipe

INGREDIENTS

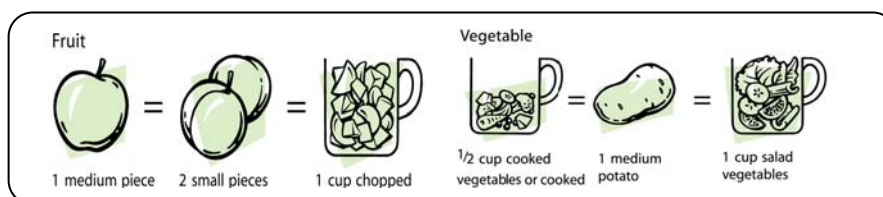
- 1 tablespoon oil
- 500g minced lean pork
- 6 spring onions, sliced
- 2 cloves garlic, crushed
- 1 small piece ginger, peeled and chopped
- 1 stick celery, diced
- 1 medium red capsicum, seeded and diced
- 100g mushrooms, diced
- 1 cup cooked rice
- 1 teaspoon cornflour
- 2 tablespoons reduced-salt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



DIRECTIONS

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. Serves 4.

WHAT IS A SERVE ?



An Australian Government, State and Territory Initiative.