

San choy bow



Preparation
Time



Cooking
Time



Serves

Ingredients:

- 1 iceberg lettuce
- 2 teaspoons extra virgin olive oil
- 3 green onions (scallions), finely sliced
- 3cm piece ginger, peeled, grated
- 2 garlic cloves, finely chopped
- 1 carrot peeled, grated
- 500g pork mince
- 2 tablespoons hoisin sauce
- 1 tablespoon soy sauce
- 1 teaspoon sesame oil
- 2 tablespoons coriander leaves, chopped

Method:

- Peel the iceberg lettuce to make individual cups and wash under cold water.
- Heat oil in a medium-sized fry pan over medium heat and add the green onions, ginger, garlic and carrot, and cook for 1 minute. Add the pork mince and break up mince with a spatula. Cook the pork mince for 8 minutes or until lightly browned. Add hoisin and soy sauce, and sesame oil.
- Cook for a further 7 minutes or until mince is completely cooked through.
- To serve, spoon pork into iceberg cups and sprinkle with coriander leaves and chilli.

Do you like this recipe? You might be interested in more recipes developed by Amie Harper, food and nutrition expert – www.thinkpei.com.au

Nutrition:

	Per serve (4 serves total)	Per 100g
Energy	1200kJ	360kJ
Protein	27g	7.8g
Fat total	17g	5g
Saturated fat	6g	2g
Monounsaturated fat	8g	2g
Polyunsaturated fat	2g	0.7g
Trans fat	0.1g	0.04g
Very long chain N3 fatty acids	0.05g	0.01g
Carbohydrates	7g	2g
Sugars	6g	2g
Fibre	4g	1g
Sodium	600mg	175mg

Notes

The nutritional content stated in each recipe has been calculated using a nutritional labelling tool by FoodWorks 9 Professional. Please note the stated nutritional content is an estimate only, and may vary depending on the quality and amounts of ingredients used. For more information on the nutritional content of your food, please consult your dietitian for advice.