

San Choy Bow



Serves 4



15-20 minutes



Summer/Autumn



Lettuce, shallots, bean sprouts

INGREDIENTS:

- 1 x iceberg lettuce
- 1 x large carrot - grated
- 3 x shallots - cut
- 1 x 3cm piece of ginger - grated
- 2-3 cloves of garlic
- 500g of chicken mince (or other lean mince).
- 2 tbs of oyster sauce
- 1.5 tbs of soy sauce
- 1 tbs of oil (sesame works well)

To serve:

- 2 cups of cooked brown rice
- 1 cup of bean sprouts
- Extra soy sauce for dipping

Optional toppings:

- Cut cucumber
- Squeeze of lime
- Sliced chilli
- Chopped peanuts
- Any herbs you have growing

METHOD:

1. Heat the oil in a non-stick fry pan over medium heat.
2. Add in garlic and ginger, and cook until fragrant.
3. Add in your chicken mince and cook on medium-high heat. Use a spatula to break the chicken into smaller pieces.
4. Once the chicken has browned add in the carrot and 2/3 of the shallots.
5. Cook for 1 minute, then stir in the soy sauce and oyster sauce.
6. Remove from the heat once the chicken has cooked through and the sauce has been completely absorbed.
7. To serve - add 2 heaped tablespoons of mince mixture onto a single leaf of your iceberg lettuce.
8. Top with the remaining shallots and any of the optional extras.

TIPS:

- *For a more substantial meal serve with some cooked brown rice.*
- *To make a vegetarian version use mushrooms, lentils, or a plant-based meat substitute in place of the chicken. If you are using mushrooms, add them in step 3 with the carrot and shallots in the method and skip step 2. Replace the oyster sauce with a vegetarian version.*
- *Add extra flavour by topping your san choy bow with any herbs growing in the garden such as coriander, parsley, or mint.*

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