

San Choy Bow

Serves 4-6



INGREDIENTS

500g Pork mince
1 capsicum
1 onion
1 cup mushrooms
1 carrot
1 **teaspoon** crushed garlic
1 **teaspoon** crushed ginger
Chinese 5 spice
1 **tablespoon** soy sauce
1 **cup** cooked vermicelli noodles
1 lettuce

EQUIPMENT

Cutting Boards
Knives
Frying pan
Bowl for noodles

METHOD

1. Dice up onion and capsicum. Thinly slice or roughly chop up mushrooms.
2. Grate the carrot.
3. Over medium/high heat fry onion, garlic and ginger until onion is transparent.
4. Add mince and cook until brown. While waiting for that, cook noodles according to packed or place in hot water until soft and transparent.
5. Add Chinese 5 spice and soy sauce, mix through, then add capsicum, mushroom and carrot and cook until vegetables are soft. Now add the noodles and stir though.
6. Pull off lettuce leaves to use as a cup to serve the mixture.
7. Spoon mixture into lettuce cups and enjoy.


COOK IT, PLATE IT, SHARE IT
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