

SAN CHOY BOW

Very quick to make, cooks in one pan, easy and yummy.

Ingredients:

Lettuce leaves (Iceberg best)

1 onion sliced

1 clove garlic minced

2-3 pak choy stems - stems diced and leaves sliced or, if no pak choy can use chopped/ diced celery, carrots, broccolini. If there is no pak choy I have used spinach stems and leaves.

1 large capsicum diced

1 shallot chopped

500g minced pork or mince of your choice

2 tblsp oyster sauce

1 tblsp soy sauce

Directions:

Cook sliced onion on olive oil until soft and translucent and then add garlic to cook.

Add diced pak choy or diced vegetables of choice and capsicum .

Add Mince and stir to cook and separate.

Mix sauces together and add to pan, and lastly add pak choy leaves and shallots.

You can add chilli if you like. Check for seasoning and add salt and pepper if desired.

Spoon the mixture into lettuce leaves and roll up like a spring roll.

