

San Choi Bau

(Chinese mince lettuce cups)



INGREDIENTS

500gms mince
1 Carrot
1 small tin Water chestnuts
1 tbsp Reduced salt soy sauce
1 tbsp Sesame oil
1 tbsp Oyster sauce
1 tsp Ginger
1 tsp Garlic
2 Spring onion
½ pkt Vermicelli noodles
Sprinkle of Sesame seeds
Iceberg Lettuce

METHOD

Heat approximately 1 Tablespoon of sesame oil in a deep pan or wok.
Add mince, garlic and ginger and cook until brown.
Add grated carrot, chopped water chestnuts, soy sauce, oyster sauce and spring onion and simmer until all flavours are combined.
Place vermicelli noodles into a bowl of boiling water until they are soft.
Add noodles to mince and stir to combine.
Serve mince in a lettuce leaf and sprinkle with sesame seeds

Nutritional Information Makes 12 Serving size 3

Calories	327
Protein	15.5
Carbohydrate	21.4
Fat	10.1



CREATING A HEALTHIER COMMUNITY

