



San choy bow

GREEN

Equipment: Colander
Chopping board
Kitchen knife
Measuring cups and spoons
Can opener
Colander
Wooden spoon
Wok or large frypan

6 serves

Ingredients

2 tablespoons vegetable oil
3 spring onions, finely sliced
2 teaspoons grated fresh ginger
500g chicken mince
2 tablespoons hoisin sauce
1 tablespoon soy sauce
1 teaspoon sesame oil
230g can water chestnuts, drained, and chopped
2 tablespoons chopped coriander leaves
6 iceberg lettuce leaves, washed and drained

Method

- Heat the oil in a wok or fry pan on high heat then add the spring onion and ginger and cook for about 1 minute
- Add the chicken mince and cook, stirring constantly to break it up, for about 5 minutes or until it changes colour
- Add the hoisin, soy sauce, sesame oil and water chestnuts and continue to stir-fry for another 2 or 3 minutes.
- Transfer the mixture to a serving bowl and stir through the coriander.
- Arrange the lettuce cups on a platter and spoon a little of the mixture into each leaf and serve

Source: adapted from sbs.com.au/food