

# San Choy Bow

Traffic light category: **Green**

Serves: 8 (160g per serve)

## Ingredients

- 1 tablespoon olive oil
- 500g lean pork mince
- 6 spring onions, sliced
- 2 cloves garlic, crushed
- 1 small piece ginger, peeled and chopped
- 1 stick celery, diced
- 1 medium red capsicum, seeded and diced
- 100g mushrooms, diced
- 1 teaspoon cornflour
- 2 tablespoons reduced salt soy sauce
- ½ tablespoon fish sauce
- 1 tablespoon chilli sauce
- 1 tablespoon rice wine vinegar
- 8 large iceberg lettuce leaves

## Method

1. Heat olive oil over high heat in a wok or medium fry pan
2. Cook pork quickly until it separates and is cooked through. Remove from pan and set aside
3. Reduce heat slightly, add onions, garlic, ginger, celery, capsicum and mushrooms, cook stirring until vegetables have softened but are still colourful
4. Return the pork to the pan and mix well.
5. Combine cornflour, sauces and rice wine vinegar in a bowl and mix well until smooth
5. Add the sauce to the pork mixture and stir through until thickened slightly
6. Spoon pork mixture into a crisp lettuce leaf and serve.

## Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	645kJ	405kJ
Protein	14g	8.7g
Total fat	9.2g	5.7g
Saturated fat	2.8g	1.7g
Carbohydrate	3g	1.8g
Sugars	2.5g	1.5g
Dietary fibre	1.7g	1.1g
Sodium	448mg	281mg



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