

San choy bow

These delicious lettuce wraps contain lots of hidden veggies in a delicious savoury mince sauce. This recipe is also a perfect weeknight dinner idea as it requires minimal preparation.



- Serves : **4**
- Prep : **5 min**
- Cook : **15 min**

- Lactose free
- Gluten free
- Contains meat
- Contains nuts

Ingredients

- 8 large iceberg lettuce leaves (or 12-16 small lettuce leaves)
- 1 tablespoon olive oil
- 1 small brown onion, diced
- 1 teaspoon grated ginger
- 2 cloves of garlic, minced
- 1 carrot, diced
- 1 red capsicum, diced
- 350g lean beef mince
- 1 cup mushrooms, chopped
- 5 baby corn, chopped
- 3 spring onions, sliced
- 2 tablespoons gluten-free soy sauce (or gluten free tamari)
- 2 tablespoons oyster sauce
- 1 teaspoon sesame oil
- 1 cup beansprouts
- 1 tablespoon sesame seeds
- 1 tablespoon peanuts, chopped

Method

1. Wash the iceberg lettuce leaves and store in the fridge so that they are chilled before serving.

2. Add olive oil to a large frying pan and heat over high heat. Add onion and cook for 1-2 minutes. Add in ginger, garlic, carrot and capsicum and continue to cook for another 3 minutes. Add in beef mince and continue cooking until browned. Add in the mushrooms, baby corn and spring onions and cook for another 5 minutes.

3. Combine the soy sauce, oyster sauce and sesame oil in a small bowl. Pour over the frying pan mixture and stir to combine. Remove from the heat.

4. Divide the mixture evenly between the lettuce leaf cups and top with the beansprouts, sesame seeds and peanuts. Alternatively, spoon the mince mixture into a large bowl and serve accompanied by the chilled lettuce leaf cups and toppings on the dining table. Allow diners to fill their own lettuce cups and serve themselves! Enjoy!