

# Wholesome at Home

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## San Choy Bow

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### Gluten Free, Dairy Free, Low Carb

This recipe is loaded with veggies and yet still remains a family favourite, even with the kids!

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 Serves 2

 Around 20 minutes

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### Ingredients

- 2 tbsp. canola oil
- 2 tbsp. soy sauce
- 2 tbsp. oyster sauce
- 30g ginger finely chopped
- 2 tbsp. sesame oil
- 2 cloves garlic minced
- 200g pork or chicken mince  
(take out for vegetarian option)
- 1 small grated carrot
- 2 small mushrooms sliced (optional)
- 1 small grated zucchini
- 30g spring onion chopped finely
- Lettuce leaves into cups
- Toasted sesame seeds and chopped spring onions to serve

### Method

1. Heat sesame oil in a wok/fry pan until very hot and add garlic followed by the pork mince. Using a spoon, stir fry and 'mash' the pork/chicken mince until half-browned.
2. mix together olive oil, soy sauce, oyster sauce and ginger in a jug.
3. Add the spring onions and half of the oil mixture and continue mashing until all pork is combined.
4. Add chopped mushrooms, carrot, zucchini, and the rest of the oil mixture.
5. Stir fry for 5 minutes.
6. Serve in trimmed lettuce leaves and top with toasted sesame seeds and spring onions.

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**Chef's Tip:** As an alternative serve prepared pork mixture on raw carrot and zucchini noodles with a sprinkle of toasted sesame seeds and spring onions.

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