

San Choy Bow

Food Foundations

Ingredients

- 1kg basmati rice
- 1 iceberg lettuce
- 3 tbsp olive oil
- 2 brown onions, diced
- 1 tbsp crushed garlic
- 1 tbsp crushed ginger
- 1.5kg beef mince
- 400g button mushrooms, diced
- 4 carrots, diced
- 300g green peas
- 400g can corn kernels, drained and rinsed
- 3 tbsp Reduced salt oyster sauce
- 2 tbsp Reduced salt soy sauce

Serves: 20

Prep Time: 30 mins

Cook Time: 20 min

Method

1. Prepare rice according to packet instructions.
2. Separate lettuce leaves into cups, wash and dry.
3. Heat oil in a large pot over high heat. Add garlic, ginger and onion. Cook until fragrant.
4. Add mince and cook for 1-2 minutes.
5. Add mushrooms, carrots, green peas, and corn kernels into pot and cook for 5 minutes or until mince is cooked through.
6. Add oyster and soy sauce and stir until all ingredients are evenly coated and cook for another 1 minute.
7. Divide filling and rice into bowls for each room.
8. Allow children to self-serve rice and fillings into lettuce cups.

Recipe Notes:

Other types of minced meat could be used in place of beef mince. For a vegetarian option use tofu instead of chicken.

Allergy Notes:

For a gluten free option, use gluten free oyster sauce and Tamari sauce instead of soy sauce.

Food Group	Serves per portion
Vegetables	1.5
Fruit	0
Grain foods	1.4
Lean meat and alternatives	0.75
Milk, yoghurt, cheese	0