



SAN CHOY BAU BOWL

Total Time – 25 minutes

Serves 4

Ingredients

- 2 teaspoons sesame oil
- 1 onion, finely chopped
- 2 celery sticks, diced
- 2 garlic cloves, crushed
- 2 teaspoons finely grated fresh ginger
- 500g lean chicken breast mince
- 225g can water chestnuts, drained, chopped
- 1 tablespoon gluten free oyster sauce
- 1 tablespoon salt-reduced tamari
- 2 baby gem lettuces, trimmed, leaves separated
- 1 large carrot, peeled, shredded
- 1 Lebanese cucumber, thinly sliced into ribbons
- 2 cups trimmed bean sprouts
- Fresh coriander leaves, to serve
- Sliced chilli, to serve

Instructions

1. Heat the oil in a large wok over high heat. Stir-fry onion and celery for 2 minutes or until softened. Add garlic and ginger and stir-fry for 1 minute or until fragrant.
2. Add mince and stir-fry, breaking mince up with a wooden spoon, for 3-4 minutes or until golden.
3. Add water chestnuts, oyster sauce and tamari and stir-fry for 1 minute or until heated through.
4. Divide gem lettuce leaves, mince mixture, carrot and cucumber between bowls. Serve topped with bean sprouts, coriander and fresh chilli.



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