

VEGETARIAN SAN CHOY BOW

Ingredients:

- 1/4 Red Onion (diced finely)
- 1 Tbsp Ginger (finely chopped)
- 1 Carrot (julienned)
- 1 Spring Onion (chopped)
- 1 cup of Seasonal Asian greens (roughly chopped)
- a handful of fresh mint
- 2 tsp Sesame Oil
- 1 tsp Soy Sauce
- 1/2 tsp Chilli Flakes / fresh chilli
- 1 tsp Fresh Lemon Juice
- 1 Tbsp Kecap Manis
- ½ packet of vermicelli noodles soaked in warm water
- 1/4 cup Bean sprouts
- a few sprigs of coriander
- Cos Lettuce separated into cups

Method

1. Heat the oil in a non-stick frying pan. Fry the red onion and ginger in a fry pan for a few minutes
2. Then add the carrot, Asian greens and spring onion
3. Add the sesame oil, soy sauce, chilli flakes or fresh chilli, lemon juice and kecap manis (sweet soy sauce). Mix through well and cook for around 5 minutes
4. Add the mint and noodles and toss through for a minute or so. Turn off the heat.
5. Get your lettuce cups ready in bowls or on a plate. Spoon the mixture into the lettuce cups evenly.
6. Top with bean sprouts and coriander. You can add more mint, chilli and kecap manis if desired.