

Chicken San Choy Bow

Ingredients:

- ❖ 2 tbsp. sunflower oil
- ❖ 500g of lean minced chicken
- ❖ 1 red chilli, diced
- ❖ 2 cloves garlic
- ❖ 2 tbsp. ginger
- ❖ 1 tbsp. lemongrass
- ❖ ½ onion, diced
- ❖ ½ cup of mushrooms, diced
- ❖ 3 green onions, diced
- ❖ 4 tbsp. light soy sauce
- ❖ 3 tbsp. oyster sauce
- ❖ ½ tsp. chilli paste
- ❖ ½ cup water
- ❖ 1 lettuce

Serves 3



Method:

To start, put oil in frying pan and bring to a medium heat. Add the minced chicken, ginger, garlic and chilli paste and cook until golden. Add chillies, onions, mushroom and sauces and toss to combine. Finally add ½ the spring onions and water. Season accordingly and add more sauce as needed. Meanwhile wash lettuce leaf cups and prepare on serving platter. Finally remove San Choy Bow mixture from the heat and transfer onto a serving bowl. Sprinkle remaining spring onions over the dish and serve.