



Recipe: San Choy Bow

Serves 6

1kg pork mince
1/4 cup water chestnuts, sliced
1/4 packet sweet potato noodles
1 tbl ghee
2 tbl coconut amino
1 tsp chopped garlic
1 tsp chopped ginger
1 spring onion, sliced
1 tsp ground coriander
1/2 tsp chinese five spice
1/2 bunch coriander chopped
salt and pepper
iceberg lettuce, cut into cups

In a large saucepan bring some water to the boil. Cook the sweet potato noodles in boiling water for 6 minutes or until tender, drain and set aside.

In a large frying pan, heat ghee over medium heat. Fry the pork mince, chestnuts, garlic, ginger and spring onions for 5 minutes or so or until the pork mince is browned. Add the spices, and coconut amino, cook for a further 5 minutes. Season with salt and pepper, add the coriander and the sweet potato noodles and stir well. Serve in lettuce cups.