Chicken San Choy Bau

What to do

1. Separate the lettuce leaves and wash and drain well.

2. Using scissors trim the edges. Place in iced water for 15 mins to crisp up.

3. Heat a wok or frypan over high heat, add 1 Tbsp sunflower oil. When hot add the onion until softened, about 2 mins. Add the chicken mince, ginger and garlic. Stir fry until cooked thru, breaking up any lumps. Transfer into a bowl.

4. Add 2 Tbsp oil to a frying pan or wok and stir fry the celery and carrot for 1 minute. Stir in water chestnuts and return mince mixture to the pan. Stir fry until heated thru. Add the bean sprouts and spring onion and combine.

5. Divide the mixture among the lettuce cups and serve the san choy bau immediately.

Ingredients

2 Cos or butter lettuce
2 Tbsp Soy Sauce
2 Tbsp oyster sauce
3 tspn sesame oil
3 Tbsp sunflower oil
2 small onions
1kg chicken mince
1 tspn finely grated ginger
3 cloves garlic, grated
2 stalks celery
2 carrots, grated
1/2 cup canned water chestnuts
2 cups bean sprouts
3 spring onions, sliced.

From The Garden:
Cos lettuce