



SAN CHOY BOW

Chinese Lettuce Wraps

INGREDIENTS

For the sauce:

1 teaspoon corn flour

4 teaspoons water

3 dessertspoons light soy sauce

1 dessertspoon chili sauce

1 dessertspoon white wine vinegar

For the filling: & serving

1 teaspoon vegetable oil

1 small onion—peeled and chopped

1 medium carrot - peeled and diced

1/2 red pepper - deseeded and diced

50g sweetcorn

1 clove garlic - peeled and chopped finely

1.5cm fresh root ginger - peeled and grated

3 dessertspoons sweetcorn - canned or frozen

2 Iceberg lettuce - leaves separated

2 spring onions - peeled and finely sliced

EQUIPMENT

small bowl, teaspoon, dessertspoon,

chopping board, sharp knife,

work or frying pan, wooden spoon

SERVES: 4

PREP TIME: 15 minutes

ALLERGENS: soya, sulphates

COOK TIME: 15 minutes

METHOD

- 1 Place the cornflour into a small bowl. Add the water and mix together until you make a smooth paste. Finally add the rest of the sauce ingredients, mix together and set aside.
- 2 Heat the oil in the wok or frying pan until hot, then add the onion and carrot and stir-fry over a medium to high heat for 3 minutes. Add the pepper, sweetcorn, garlic and ginger and fry for a further 3 minutes.
- 3 Once the vegetables are cooked, add the sauce and mix everything together. Then reduce the heat and cook for another 2 minutes until the sauce has thickened and becomes glossy.
- 4 Transfer the filling to a serving bowl and layout the lettuce leaves and spring onions on the side.
- 5 To serve, spoon some of the filling into a lettuce leaf, sprinkle over some spring onions, wrap it up and enjoy!