



The Gathered Green

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Thank you to foodgloriousfriendlyfood.com for their inspiration towards this recipe, and to myfoodpassion.net for the photo below.

Serves 4

Ingredients

- 500 grams pork mince (or chicken mince)
- 8 medium sized cos lettuce leaves
- 2 tablespoons coconut oil
- 4 cloves garlic, finely diced
- 1 tablespoon of fresh ginger, finely diced
- 1 red onion (or one small leek), finely chopped
- 4 tablespoons Chinese cooking wine or dry sherry
- 2 tablespoons tamari
- 2 teaspoons coconut sugar
- 2 tablespoons oyster sauce (gluten free option available)
- ½ teaspoon sesame oil
- 1 small chilli, finely sliced (optional)
- 2 small carrots, finely julienne
- ¼ small cabbage, finely chopped (optional)
- freshly chopped coriander (couple of handfuls)





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Method

Soak the individual lettuce leaves in a large bowl of cold water, for approximately one hour. Dry before serving.

Heat the coconut oil in a wok, then add the garlic, ginger and pork mince. Cook, stirring for a minute.

Add the onions and cook for 30 seconds.

Add the wine or sherry, tamari, sugar, oyster sauce, chilli and sesame oil, and cook until the pork is cooked through.

Add the carrot and cabbage, toss for a few minutes so they remain quite crunchy.

Using a slotted spoon, spoon the mince into a bowl, leaving the liquid behind. Spoon fill the individual lettuce leaves while positioned on a serving plate.

If the cos leaves are too small to fill, the leaves can be chopped and lightly stirred through the mince just before serving.

Sprinkle with chopped coriander.

When eating, fold over the lettuce leaf to enclose the mince, pick up and enjoy!

Jane

