



Vegetarian San Choy Bow

SERVES 4

INGREDIENTS

1 tablespoon olive extra virgin oil
2 cloves garlic, crushed
1 small onion, finely chopped
4 x 150g firm tofu, finely diced (females)
4 x 250g firm tofu, finely diced (males)
2 teaspoons finely grated fresh ginger
1 red pepper, seeded, diced
2 shallots, ends trimmed, finely chopped
2 tablespoons fish sauce
2 tablespoons soy sauce
100g bean sprouts
8 large iceberg lettuce leaves, washed and dried
Chopped coriander to garnish

METHOD

1. Heat oil in wok on high heat.
2. Add garlic and onion and stir fry until soft. Add tofu, ginger, pepper and stir fry for 2 minutes. Add shallots and sauces and cook for 3 minutes.
3. Remove from heat and add bean sprouts, stir until just wilted.
4. Spoon into lettuce cups and garnish with chopped coriander.

