

San Choy Bow

<p>Ingredients</p> <ul style="list-style-type: none">• 2 carrots,grated• 4 spring onions,chopped• 1 baby cauliflower,finely chopped• 1 broccoli,finely chopped florets• 2 tbsp. soy sauce• 2 tbsp. oyster sauce• 150g brown onion, diced• 2 clove garlic, puréed• 2 tbsp. vegetable oil• 50g ginger, purée• ½ cup lentils• 1 cup vegetable stock• 2-3 lettuces (iceberg originally but garden lettuces will do)	<p>Equipment</p> <ul style="list-style-type: none">1 grater1 chopping board1 knife1 wokspoon measurements
<p>What to do</p> <ol style="list-style-type: none">1. Wash lettuce leaves very well, keeping leaves intact and spin. Place aside.2. Heat oil in wok or saucepan and cook onions, garlic and ginger until onion is transparent.3. Add the chopped vegetables and cook until sweated.4. Add lentils and cook for a further 5 minutes or so.5. Combine sauce,add to vegetable mix and simmer for another 5 or so minutes until cooked6. Place leaves on plate next to bowl with San Choy bow mix.7. Take a lettuce leaf and place a tbsp. of mixture and wrap, eat and enjoy..	

