

**Product Spotlight:
Ginger**

You can use a teaspoon to peel your ginger easily; this will help to get in between and over any bumps!



Pork San Choy Bau

Fresh lettuce cups assembled at the table for an easy weeknight dinner! This pork san choy bau features GH Produce's Chinese five-spice mix, pork mince, fresh veggies and basmati rice.



25 minutes



2 servings



Pork

15 September 2023

Make it a bowl!

You can serve all the components in a bowl instead! Shred the lettuce and use it as a topping instead of as cups.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	63g	21g	47g

FROM YOUR BOX

BASMATI RICE	150g
SPRING ONIONS	1 bunch
PORK MINCE	500g
FIVE-SPICE MIX	1 sachet
CORN COB	1
GINGER	1 piece
BABY COS LETTUCE	1
RED CAPSICUM	1
ROASTED CASHEWS	1 packet

FROM YOUR PANTRY

sesame oil, sweet chilli sauce (optional), soy sauce or tamari, pepper

KEY UTENSILS

large frypan, saucepan with lid

NOTES

If you have young children who prefer milder flavours, start with 2 tsp Chinese five-spice, then add more to taste.



1. COOK THE RICE

Place rice in a saucepan and cover with 1.5 x amount of water. Bring to a boil. Cover with lid and cook over low heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. COOK THE PORK

Heat a frypan over medium-high heat with **sesame oil**. Slice white ends of spring onions and add to pan along with pork and 2–3 tsp five-spice mix (see notes). Remove corn from cob and peel and grate ginger. Add to pan and cook for 8–10 minutes until cooked through.



3. PREPARE THE TOPPINGS

Meanwhile, separate and wash lettuce leaves. Finely slice green ends of spring onions. Dice or slice capsicum and chop cashews. Set aside.



4. TOSS THE RICE

Toss cooked rice into pan. Add **1–2 tbsp soy sauce** and **1 tbsp sweet chilli sauce (optional)**. Season to taste with **pepper** and extra **soy sauce**.



5. FINISH AND SERVE

Serve pork rice at the table with lettuce cups and toppings for assembling.



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