

Australian Native Food Education Kit

San Choy Bow with Pepperleaf – serves 4

A fresh and healthy meal where native and Asian flavours marry well, fabulous for a family lunch or dinner!! All the fresh crunchy textures and nuts really make this a great fun dining experience.

1 dsp Sesame oil 1 dsp peanut or vegetable oil 2-3 medium garlic cloves – crushed. 2 dsp grated ginger	Prepare your ginger and garlic <u>before</u> you turn on the heat for the wok! Also, have all the other ingredients ready, as this is quite quick to cook. Preheat your wok with the oils over medium heat, add the ginger and garlic stirring constantly, until they start to brown at the edges, and develop a lovely, toasted aroma.
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500g chicken mince 2 tbsp. oyster sauce 1 tbsp. hoi sin sauce 1 ½ tsp Creative Native Pepperleaf	Immediately add the chicken and stir fry over high heat to brown a little, again, stirring constantly. After 2-3 minutes, add the two sauces and pepperleaf, and simmer to reduce to a thick chunky “sauce”. Keep warm.
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1 iceberg lettuce 1 x 220g can water chestnuts, drained and chopped 1 cup dried rice vermicelli ½ cup crisp fried shallots (optional) 2-3 medium spring onions, sliced fine ¼ cup of freshly roast peanuts or macadamias, chopped coarsely (optional) 1 small bunch coriander – coarsely chopped. Extra pepperleaf to season on the table.	Cut the core out of the lettuce, and then use running water to facilitate easy leaf separation. Drain all the lettuce cups on a tea towel or rack. Pour 3 cups (approx..) boiling water over the crumbled rice noodle, and stir, allow to cool for 5-10 minutes, and then drain. Stir the drained noodles and the water chestnuts into the warm meat sauce. Arrange all the components in bowls placed on a large platter with the lettuce cups to present in the centre of the table. Enjoy with everyone wrapping their own fillings into the lettuce cups.
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