

Webfid00262hero vegesangchoybao 58 badge

## Vegetarian Sang Choy Bao.



20-30min



4 Portions

Traditionally this Chinese favourite is made with a mix of beef and pork mince. Why should all the fun be given to the meat eaters though? Here, we've made this classic vegetarian friendly, by using vegan mince that tastes so good, even the meat-eaters will be going for more!

## What we send

- sesame seed mix <sup>11</sup>
- coriander, 1 long red chilli, ginger, 2 garlic cloves
- vegetarian beef <sup>6</sup>
- water chestnuts
- vegetarian stir-fry sauce <sup>1,6</sup>
- sesame oil <sup>11</sup>
- baby cos lettuce
- bean sprouts
- green beans
- carrot

## What you'll require

- salt
- soy sauce <sup>6</sup>
- vegetable oil

## Utensils

- paper towel
- small saucepan

Our veggies come straight from the farm, so please wash them before cooking.

### Cooking tip

It's not necessary to trim the ends of bean sprouts, but you may like to remove any that are particularly straggly.

### Allergens

Gluten (1), Soy (6), Sesame (11). May contain traces of other allergens.

### Nutrition per serving

Energy 515.0kcal, Fat 25.8g, Proteins 18.2g, Carbs 44.7g



### 1. Prepare veggies

Bring a small saucepan of salted water to the boil. Finely chop the **garlic**. Peel and finely grate the **ginger**. Coarsely grate (or use an asian shredder to julienne) the **carrots**. Trim **green beans** and cut into 1cm pieces. Trim ends of **bean sprouts**, if desired (see cooking tip). Separate **lettuce** leaves, then wash, pat dry and place in the fridge to crisp up.



### 4. Start cooking

Heat 2 tbs **oil** in a wok or large frypan over medium-high heat. Stir-fry the **ginger** and **garlic** for 1 min or until starting to colour. Add the **vegan mince** and stir-fry for 4-5 mins until browned.



### 2. Prepare cooking sauce

Combine the **oyster sauce** and **sesame oil** in a small bowl with 1 tbs **soy sauce** and 1 tsp **brown sugar**. Drain the **water chestnuts** and finely chop.



### 5. Finish cooking

Add the **water chestnuts**, **sauce** and **carrot** to the pan and stir-fry for 2 mins. Add **green beans** and half the **bean sprouts** and stir to combine.



### 3. Cook beans

Cook **beans** in the pan of boiling water for 2 mins, until tender. Drain. Refresh in cold water and drain again.



### 6. Get ready to serve

Spoon a little filling into each **lettuce** leaf. Scatter over the remaining **bean sprouts** and **sesame seeds**, if desired. Pick the **coriander** sprigs and discard the stems. Thinly slice the **chilli**. Scatter the chilli and coriander over the parents' portion.