



Vegetarian San Choy Bau

with Tofu and Chilli Jam



20-30min



4 Portions

San choy bau doesn't have to be all about meat. This delicious vegetarian version subs in earthy tofu and adds a moreish chilli jam sauce, which coats the crunchy water chestnuts and crisp green beans and carrots. Simply lay out fresh lettuce leaves for wrapping and watch everyone tuck in.

What we send

- garlic, ginger, coriander
- water chestnuts
- green beans
- mirin vinegar ¹
- Thai chilli jam ^{1,2,4,6,11}
- silken firm tofu ⁶
- baby cos lettuce
- carrot
- sesame oil ¹¹

What you'll require

- soy sauce ⁶
- sugar
- vegetable oil

Utensils

- paper towel
- sieve
- small saucepan

Our vegies come fresh from the farm, so please wash them before use.

Allergens

Gluten (1), Shellfish (2), Fish (4), Soy (6), Sesame (11). May contain traces of other allergens.

Nutrition per serving

Energy 430kcal, Fat 24.1g, Carbs 27.0g, Proteins 21.3g



1. Prepare vegetables

Bring a medium saucepan of salted water to the boil for the beans. Crush or finely chop the **garlic**. Peel and finely grate the **ginger**. Peel and quarter the **carrots** lengthwise, then thinly slice. Trim the **beans** and cut into 2cm lengths. Separate the **lettuce leaves**, then wash, pat dry and put in the fridge to crisp up.



4. Cook vegetables

Heat **2 tbs vegetable oil** in a wok or large deep frypan over medium-high heat. Stir-fry the **ginger** and **garlic** for 1 min or until starting to colour. Add the **carrot, water chestnut** and **sauce mixture** and stir-fry for 2 mins.



2. Prepare sauce

Drain the **water chestnuts** and finely chop. Finely chop the **coriander**, including the stems. Combine the **mirin, sesame oil** and **2 tbs soy sauce** in a small bowl.



5. Add chilli jam

Add the **chilli jam** and stir-fry for 2 mins or until fragrant and well combined.



3. Drain and cut tofu

Cook the **beans** in the pan of boiling water for 2 mins or until tender. Drain and refresh under cold running water. Meanwhile, carefully open the **tofu** according to the packet instructions and drain on paper towel. Cut the tofu into 1cm pieces.



6. Get ready to serve

Add the **beans, tofu** and **coriander** to the pan and stir-fry gently for 30 secs or until just warmed through. Fill the **lettuce cups** with the **tofu filling** to serve.