

# Beef San Choy Bow

dairy-free    gluten-free    nut-free

**Serves: 4**

**15 minutes preparation + 15 minutes cooking**

## Ingredients

500g Lean beef mince  
2 Tbsp olive oil  
200g mushrooms, sliced  
2 Carrots, cut into matchsticks  
200g snow peas sliced  
2 garlic cloves, crushed  
2 tsp ginger grated  
2 tbsp oyster sauce  
2 tsp salt-reduced soy sauce

## To serve

8 Iceberg lettuce cups  
Sliced spring onion  
Sliced deseed long red chilli  
Coriander

## Method

1. Heat a large wok over high heat.
2. Add 2 tsp of the oil and half of the beef and cook, stirring for 4-5 minutes or until brown and excess liquid has evaporated
3. Transfer the cooked beef to a bowl and repeat with 2 tsp of the oil and remaining beef. Remove from wok
4. Add 2 tsp of the oil and the mushrooms to the wok and stir fry for 2 minutes. Remove from Wok.
5. Add the remaining 2 tsp of oil, carrots and snow peas to the wok and stir fry for a further minute,
6. Add the cooked beef, mushrooms, oyster sauce and soy sauce and cook for another minute, stirring well to combine.
7. Serve in iceberg lettuce cups, topped with spring onions, chilli and coriander leaves

## Tips

Add as many vegetables as you like such as capsicums and green beans  
Use turkey and chicken mince for a difference flavour



Recipe from [www.beefandlamb.com](http://www.beefandlamb.com)